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CREDIT COUNSELLORS & TRUSTEE IN BANKRUPTCY

Sens re-sign Keller for another year

SPORTS The Ottawa Senators have re-signed one of their players.

Yesterday, the club announced that Ryan Keller, a 26-year-old forward who spent most of last season in Binghamton, signed a one-year, two-way contract.

Keller, a native of Saskatoon, played 72 games with the Sens American Hockey League affiliate, scored 34 goals and collected 68 points.

He was called up to the big club for two stints, averaging 6:12 of ice time and no points over six games. In his career, Keller has played 142 professional games with three AHL teams, recording 49 goals, 51 assists and 102 penalty minutes.

The Sens have a number of players set to become unrestricted free agents on July 1.

TIM WIECLAWSKI/METRO OTTAWA

PATRICK DOYLE/THE CANADIAN PRESS

A fire marshal carries equipment to a Royal Bank of Canada branch in the Glebe yesterday. An anarchist group claiming to have orchestrated the attack on the bank is vowing to take its protest to the upcoming G8 and G20 summits in Ontario.

Familiar tactics

Bank bombing consistent with extremist attacks: Experts

They may have been shadowy figures in black masks, but the vandals who firebombed an Ottawa bank branch seem familiar to terrorism experts.

The target and tactics are synonymous with fringe extremists angry about corporatization, environmental destruction and treatment of aboriginals.

A communique posted online linked the attack that trashed a Royal Bank outlet to lingering resentment over the Vancouver Olympics, native rights, the Alberta tarsands and the coming G8-G20 meetings in Ontario.

It appears to be just the latest sign that various social concerns have melded into a larger anti-corporate struggle in recent years.

"So it's not uncommon anymore to see multiple grievances expressed in these communiques," said Paul Joosse, a doctoral candidate at the University of Alberta who studies extremist violence.

Research compiled by terrorism analyst Thomas Quiggin indicates anti-Olympic vandals had attacked the branch on at least two previous occasions, and had thrown bricks or other projectiles through the windows of a nearby Royal Bank branch. Branches in other cities have also been defaced.

David Charters, a terrorism specialist at the University of New Brunswick, sees a connection between the latest attack and others tied to major global meetings over the last decade.

"(The attack) in some ways doesn't come as a surprise because we know that there are various groups that have targeted high-profile businesses in relation to anti-globalization, anti-environmental and other sort of hot-button issues over the years."

The Canadian Security Intelligence Service has kept a careful eye on violence linked to the coming summits for several years. A July 2008 assessment by CSIS noted dozens of acts of vandalism had occurred as part of an "anti-2010 campaign" directed at the Olympics, the G8 and the Security and Prosperity Partnership meetings between Canada, the U.S. and Mexico.

"In Ottawa, one Royal Bank of Canada branch, a company associated with the sponsorship of the Olympics and the SPP, had its windows smashed several times," says the CSIS report, released under the Access to Information Act.

Analysts note there have been no serious physical attacks intended to injure people.

THE CANADIAN PRESS

United Way honours police chief for role in community

TRACEY TONG
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AWARD He's a spokesman for the Ottawa Food Bank, a member of the Leadership Table on Homelessness, was an honorary chair of the Ottawa Humane Society's Wiggle Waggle Walkathon and a champion of Project North, which delivers sporting equipment to isolated communities in Canada's far north.

And of course, he's the chief of the Ottawa Police Service.

Last night, Chief Vern White added United Way Community Builder of the Year to his roster of accomplishments.

The chief was among those honoured at the 10th annual Community Builder of the Year Awards Gala last night.

All of the recipients "are shining examples of what can be achieved when people set their hearts and minds on making this community a better place for all," said Michael Allen, president and CEO of United Way Ottawa.

Other honourees

- Youth Services Bureau
- Human Resources and Skills Development Canada
- Together for Vanier
- Natalie Gervais
- PCL Constructors Inc.
- Health Canada
- Ottawa Neighbourhood Study
- Borden Ladner Gervais
- Mead Johnson
- Dennis Jackson

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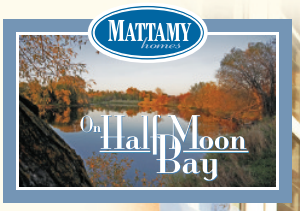
MATTAMY homes

Great Seats For The Neighbourhood Parade.



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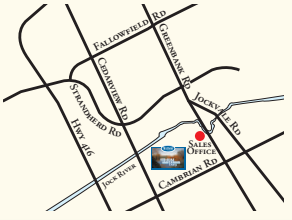

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Local

Marathoner to meet with students

A local elite marathon contender will meet with students at South March Public School today. Mary Davies, 26, of Ottawa, left, will be vying for first place at the Ottawa Marathon May 30 after winning the Montreal half-marathon in April. Earlier this month, Davies was the first woman to cross the finish line at the Sporting Life 10K in Toronto with a time of 33:08. METRO OTTAWA

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News in brief

MOSAIKA Preparations are underway for the launch of the National Capital Commission's new sound and light show, Mosaika: Canada Through The Eyes Of Its People. Two years in the making, this custom-designed, bilingual show is set to launch on Parliament Hill July 8.

BLITZ Police stopped 176 vehicles for various traffic infractions, laying 38 speeding charges during their first "Race Night" blitz of the season recently. Further Race Nights will continue throughout the summer months with zero tolerance on stunting and other traffic-related offences.
METRO OTTAWA

metronews.ca
What's online today.

Video G20 security officials taking a close look at the firebombing of an Ottawa bank at **metronews.ca/canada**

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Safety engineers opening their lab

CSI-like investigators 'uncover a root cause' behind transportation incidents

TRACEY TONG
tracey.tong@metronews.ca

They investigate causes of accidents and incidents to improve safety for all transportation.

For fans of the television series, Derek Gagné compares the work of the Transportation Safety Board of Canada to CSI, "but in a stretched-out time frame from what you see on TV," said the electrical and mechanical engineer with TSB.

"We don't do things in an hour. It does take a lot longer, but it is a similar premise. Investigations can take from several days to two years."

For 20 years, the Transportation Safety Board of Canada has been investigating marine, pipeline, railway and aviation transportation occurrences. To mark the occasion, the TSB is opening the doors to its engineering lab to the public for the first time June 5.

The engineering facility supports all regional investigations offices across Canada, said Ted Givins, manager of the recorders section.

By piecing together the sequence of events leading to an accident, staff can find whether mechanical, electrical, material, structural or other deficiencies contributed to accidents.

While a high bay area allows investigators to investigate wreckage — including aircraft involved in wrecks, a gasoline pipeline that leaked and a cracked rail that caused a derailment — indoors, the multimedia section handles all the documentation for accident sites and is in charge of all the photography and video, as well as recovering images for analysis, while another section can reconstruct a scene using computers.

"We don't necessarily know exactly what we're looking for," said Gagne. "But if we work through it systematically, in the end, we can normally uncover a root cause or uncover what did happen."

Queen, Prince Philip visiting area June 30-July 3

ROYALTY You better be on your best behaviour this Canada Day, as the Queen will be in town.

Ottawa will be the second stop on the five-city Canadian tour of Queen Elizabeth II and Prince Philip, Duke of Edinburgh, this summer.

The Queen arrives in Halifax June 28 and will be in the National Capital Region from June 30 until July 3. After that, she will stop by Winnipeg, Toronto and Kitchener before heading home July 6.

This will be the Queen's 22nd official tour of Canada as The Queen of Canada. The last time she came to Canada was in 2005 to visit Saskatchewan and Alberta in celebration of the centennial of those provinces' entry into Confederation.
TIM WIECLAWSKI/METRO OTTAWA

TIM WIECLAWSKI/METRO OTTAWA

Jason Pollard, a forester with the City of Ottawa, holds a mature emerald ash borer and a larva in one hand. In the other, he holds a log with serpentine lines made by EAB larva feeding on the wood.

Quarantine on wood due to ash borer threat

TIM WIECLAWSKI
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INFESTATION Ottawa residents heading out on camping trips or to the cottage are being reminded to leave firewood at home for the long weekend.

The area is under a ministerial order prohibiting the movement of firewood in and out of the city, due to the threat of the emerald ash borer (EAB).

Over the winter, the city had to remove around 200 EAB infested trees in areas near Ogilvie Road and Alta Vista Road, David Barkley, forestry services program manager for the city of Ottawa, said yesterday.

However, moving wood around the city or province could cause a catastrophic loss of ash trees in eastern Ontario.

Around one-quarter of the trees lining Ottawa streets are at risk from the pest. In wooded areas further south of the city, ash trees make up around 40 per cent of the forest.

"We're talking about losing a large portion of our forest cover in eastern Ontario," said Barkley.

While mature EAB bugs feed on leaves from the tree, its larva lives under the bark and feeds on wood.

"Essentially, it works its way around and eventually girdles the whole tree so that the tree slowly dies," said Barkley.

Trees infested with EAB respond by sprouting branches at the base of the tree below the larva infested areas. The pest lays thousands of eggs at a time, which means the speed they are killing the trees increases significantly with each generation.

"In the first couple of years, you don't really see it in the tree, but as the population explodes, it declines quickly to a point where it kills the tree," said Barkley.

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City opens Royal Visits exhibit
The City of Ottawa Archives opens its Royal Visits to Ottawa exhibit tomorrow. The exhibit features visits from members of royal families from around the world. METRO OTTAWA

Roger's House run set to pass $1M mark

TRACEY TONG
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CHARITY To be held June 20, the seventh annual Walk, Roll and Run for Roger's House is set to eclipse the million-dollar mark this year.

Announced yesterday, the event features a Tot-Trot and 2-kilometre and 5-km routes.

Event activities include a family fun zone, Sens Street Tour activities, balloon artists, Little Ray's Reptiles, live entertainment and lunch for participants.

Since opening its doors in May 2006, Roger's House has had close to 1,000 admissions from across Ontario.

The state-of-the-art, eight-bedroom facility features a home-away-from-home atmosphere that aims to comfort kids getting medical treatment and their families.

Parliament Hill **Supporting tax**

TRACEY TONG/METRO OTTAWA

Dozens of protesters from Oxfam were out on Parliament Hill yesterday to try to raise awareness of and support for the Robin Hood Tax, or the Financial Transaction Tax. The Robin Hood Tax, to be discussed at the G20 summit in Toronto this June, does not have support from Canada. It would be limited to transactions between banks and other financial institutions and would not be applied to transactions by individuals, said Oxfam.

Mob of moms make grade

ANDREW SZTEIN
for Metro Ottawa

The Youville Centre will be graduating its largest class of young single mothers in its 23-year history this spring.

It is expected that 26 women will receive their diplomas from the centre – an increase over the previous record of 23 set two years ago — which helps young mothers care for their children while simultaneously getting a specialized high school education.

Founded in 1987, the non-profit centre has grown into an education centre where young single mothers with small children can find a way to break cycles of poverty and get a high school education that may not be obtainable through traditional means.

Women who attend the centre are also given the tools to survive and move on from abusive situations, financial burdens, and any other social or personal problems that they may have.

"We love to see them continue on into multi-year programs."
Judith Sarginson

"We have a licensed childcare for their children, and a full range of social and mental health services to help them accomplish their two goals of stronger parenting and graduation diplomas from high school," said Judith Sarginson, executive director of the centre.

Many students go on to continue their educations.

"Two years ago we graduated 22 girls, and 18 of them went on to Algonquin College," said Sarginson. "We love to see them continue on into multi-year programs."

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Toronto flush with pride over automated public toilet

Toronto's first automated public toilet was unveiled by city officials at a waterfront location yesterday. After inserting a quarter or a token, a user will have 20 minutes of privacy. Once the person exits, the unit seals itself and begins a cleaning cycle. Twenty toilets will be installed across the city. THE CANADIAN PRESS

Canada

University honours GG

Gov. Gen. Michaëlle Jean, left, will get an honorary degree from her alma mater May 28. She is among 11 people who will receive the distinction from the Université de Montreal in the coming weeks. Jean earned her undergraduate degree at the university and taught Italian studies there in the 1980s.

THE CANADIAN PRESS

Quebec sets abortion debate afire

Tories rapped for ambiguity

The Quebec legislature yesterday threw out a dramatic challenge to Ottawa over abortion.

Its message: Stop being ambiguous over the issue.

Politicians on both sides of the chamber adopted, by a margin of 109-0, a motion that demands the federal government continue to respect free access to abortion, end its "ambiguity."

The motion also decries cuts in funding to women's groups that favour abortion.

The Harper government has, in fact, repeatedly promised not to introduce abortion legislation.

But its refusal to fund abortions as part of a G8 maternal-health initiative is among several recent events that have reopened the passionate debate over abortion.

The issue returned to the forefront with an announcement that, as host of the G8 summit, the Harper government would put maternal health on the agenda but refuse to fund initiatives aimed at making abortions safer.

Yesterday's motion will be transmitted, provincial politicians say, to the federal House of Commons and Senate.

A spokesperson for House of Commons Speaker Peter Milliken said the move would not automatically provoke a vote in Parliament.

Milliken's office said the provincial Speaker can transfer a copy of the motion to his federal counterpart, who can then send it to a minister responsible for the file if he considers the matter important enough.

Such a process would likely take several days.

Another scenario, however, would see a federal opposition party — perhaps the Bloc Québécois — take up the issue in Parliament. THE CANADIAN PRESS

The motion: How Quebec spoke out

- "The (Quebec) National Assembly reaffirms the right of women to free choice and to free and accessible abortion services, and asks the federal government and the prime minister of Canada to put an end to the current ambiguity on this issue, and that the National Assembly reaffirms that the fact of supporting women's right to an abortion should not in any case be used by the federal government to cut funding to a women's group."

PAIROJ/AFP/GETTY IMAGES

Rescuers carry a man identified as Canadian Chandler Vandergrift on a stretcher during an army assault on an anti-government protest site in downtown Bangkok.

Bangkok victim 'wanting to be in thick of things'

ADVENTURE A Canadian writer and photographer injured during the ongoing violence in the Thai capital is known for a spirit of adventure that often propels him into the thick of the action, one of his former university professors said yesterday.

Helen Lansdowne of the University of Victoria said Chandler Vandergrift has always had a passion for southeast Asia.

It was a passion that compelled him to learn the Thai language, immerse himself in the culture and ensure he was on the front lines to witness current events as they unfolded.

"He wanted to be there to take pictures, to observe, and he wasn't one to hide behind a building."
Helen Lansdowne

Reports say Vandergrift is in serious condition in a Bangkok hospital after being struck in the head by shrapnel from a grenade blast.

Lansdowne said the news did not come as a shock.

"It's not surprising he got hurt during this round because he was very much wanting to be in the thick of things," she said from Victoria.

"He wanted to be there to take pictures, to observe, and he wasn't one to hide behind a building." THE CANADIAN PRESS

Kids get A-plus for blood pressure

HEALTH A new Canadian study has found that rates of high blood pressure among Canadian kids are very low.

That's despite the fact there are record levels of obese and overweight children — and teens and obesity and high blood pressure generally go hand in hand.

"The level of blood pressure in Canadian youth was not elevated."
Dr. Gilles Paradis

The study found that just under one per cent of kids had elevated blood pressure levels and another two per cent had blood pressure readings that were borderline high.

"The level of blood pressure in Canadian youth was not elevated," said Dr. Gilles Paradis, a professor at McGill University.

"We found that the average blood pressure of youth was lower than we expected." THE CANADIAN PRESS

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Two airlines seek rights to island airport

The Toronto Port Authority says two airlines have applied to provide service at the city's island airport. The airlines were not identified. THE CANADIAN PRESS

Guergis' D-Day

Federal watchdog will rule on probe June 8

Embattled former cabinet minister Helena Guergis will find out in three weeks whether the federal ethics watchdog believes her conduct is worthy of a full-scale investigation.

A preliminary examination by Mary Dawson, the federal ethics commissioner, has moved into the second stage, meaning Dawson will decide by June 8 whether to continue with an investigation under the conflict of interest code for members of Parliament.

Guergis was elected in Simcoe-Grey riding but dumped from the federal cabinet and Tory caucus by Prime Minister Stephen Harper on April 9.

She has complained she is being victimized by Harper without being given any indication of what she did wrong.

The prime minister cited unspecified allegations against Guergis when he removed her from cabinet and referred her conduct for investigation by the RCMP and Dawson.

Since then, Harper has refused to spell out the allegations against Guergis.

But he acted after new reports about questionable business practices of associates of Guergis and her husband, former Conservative MP Rahim Jaffer.

So far, the RCMP has not said it is investigating Guergis. TORSTAR NEWS SERVICE

Mystery **A family's anguish**

TARA WALTON/TORSTAR NEWS SERVICE

Aysel Corbacioglu, 29, and her father, Yusuf Corbacioglu, yesterday hold a photo of their missing family member — 32-year-old Hatice Corbacioglu. Hatice went missing last June after travelling from Toronto to New York City to visit her boyfriend Riza Cosa (in photograph). Her car was found abandoned at JFK airport on June 21, 2009. Police are searching for Cosa, after the body of his wife, Winsome Angela Perez, was recently found stuffed in a bag in Long Island.

Anti-doping agency hails MD's charges

CRIME The World Anti-Doping Agency has applauded American authorities after a Toronto sports doctor was charged in the U.S. with the unlawful distribution of human growth hormone.

The federal criminal complaint, filed in Buffalo, N.Y., also charges Anthony Galea with introducing the unapproved drug Actovegin into interstate commerce and conspiracy to defraud the United States.

"While WADA will not comment on an ongoing federal investigation, we commend the United States law enforcement authorities for their actions in investigating the conduct of those who work closely with athletes," said WADA president John Fahey.

"Members of athletes' entourage — including coaches, trainers, medical doctors, scientists, sports administrators and others — have a professional and moral responsibility to the athletes under their charge." THE CANADIAN PRESS

Bomber's victim was set for top job

AFGHANISTAN The Canadian colonel who died in a suicide car bombing in Kabul was preparing to take over a senior position in Kandahar.

The Canadian Forces says Col. Geoff Parker was set to become the deputy director of stability for Regional Command South headquarters at Kandahar Airfield.

Parker, 42, is the highest-ranking Forces member to die in Afghanistan. He was killed Tuesday when a suicide car bomber attacked a convoy in Kabul, killing 18 people. THE CANADIAN PRESS

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Aboriginals want end to Beaufort drilling
Northern aboriginals want all oil drilling and energy development in the Beaufort Sea stopped until the health of the region's delicate ecosystem can be guaranteed. THE CANADIAN PRESS

Ticket scam could have been worse, says 2010 official

GAMES Olympic organizers say a ticket scam that cropped up in the final days of the Vancouver Games could have been much worse if organizers hadn't barred new ticket accounts.

VANOC executive vice-president Dave Cobb says the fraud was detected when it became clear that Canada and the United States would face off in the final hockey game.

"We knew the way gold medal hockey was going that it would have likely led to several times the level of fraud that occurred in the period we caught it," Cobb said at a board meeting yesterday.

The scammers had already defrauded 200 people when the scheme was discovered on the so-called fan-to-fan website, a site set up by Olympic organizers that allowed fans to resell their tickets at rates far higher than face value.

It essentially operated as a sanctioned scalping website, a place where people could choose to pay sometimes outrageous sums for tickets but still be assured the tickets were authentic.

Cobb told a news conference following a board meeting of the organizing committee that shutting down the scammer's credit card accounts alone wouldn't stop the fraud.

Those involved would simply switch to another fraudulent credit card, so the organizing committee blocked all new accounts in the final days of the Games.

THE CANADIAN PRESS

Refunded

- Organizers have reimbursed more than 200 ticket holders about $2 million.

Man mauled in bear attack

INJURY Louise Beauchamp received the frantic call from her husband around 6:30 p.m. Tuesday.

"He said, 'I've been mauled by a bear! Come and get me, I need your help!'" Beauchamp said yesterday after spending the night in a hospital waiting room. She doesn't know exactly what happened because her husband refuses to recount the attack.

Gerald Marois, 47, is in stable condition at Toronto's Sunnybrook hospital, where he was taken by air ambulance after being mauled by a black bear north of Orillia.

TORSTAR NEWS SERVICE

McGuinty pushes pharmacare

Ontario's controversial reforms cutting the price of generic drugs in half could help point the way to a national pharmacare program, Premier Dalton McGuinty said yesterday.

"I think that will very likely be a natural evolution from this debate. I think you're going to see many other provinces adopt the funding approach we are bringing when it comes to paying for our generic drugs."

The idea of a national pharmacare program was quashed by the former Liberal federal government six years ago as too expensive, but increased pressures on health care budgets since then show the idea is worth reconsidering, McGuinty told reporters.

"We're going to have to find a way as we work together to ensure that our health-care system becomes sustainable, because, at present, it is not," added the premier, who championed a national pharmacare program along with B.C. counterpart Gordon Campbell in 2004. Provinces and territories could combine their buying power, McGuinty argued. The feds rejected the plan provincial premiers put forward years ago, estimating the cost at about $12 billion a year and fearing the cost would have to be borne by Ottawa. McGuinty's comments came as pharmacists held a news conference at Queen's Park reiterating concerns the drug reforms passed by the legislature this week could force some smaller drug stores to close, cut some services or start charging for them as the reforms cut an average of $300,000 from pharmacy revenues.

"I'll have to start making some incredibly difficult business decisions," said Monica Miatello, who with her business partners owns four stores in the London area, including one in the hamlet of Ailsa Craig, where there are no doctors.

TORSTAR NEWS SERVICE

Reforms

- Earlier in the day, McGuinty said the reforms will boost financial supports for rural pharmacies but noted there are more drug stores in Ontario than there are Tim Hortons in all of Canada. He noted Ontario pays up to 80 per cent more for generic drugs than other jurisdictions around the world.

B.C. Thingamawhatsit

JONATHAN HAYWARD/THE CANADIAN PRESS

BCIT students David Medeiros, left, and Jeremy Smith race a human-powered contraption they built in Burnaby, B.C., yesterday. The pedal powered contraptions were built and designed by the students as a part of their shop-teacher training program, then the students had to race them in a loop over a fifteen minute period, the group with the most loops in that time won.

Court calls decision into question

KHAWAJA An appeal court is asking whether the judge who convicted Momin Khawaja of terrorist offences was entitled to rely on newspaper reports and his own web-surfing as part of his decision-making process.

Justice Douglas Rutherford had no evidence before him on the political situation in Afghanistan when he found Khawaja guilty of terrorist activity for supporting the Afghan insurgency, the Ontario Court of Appeal was told yesterday.

Instead, the judge turned to newspaper reports and the United Nations' website in concluding the Afghan uprising is meant to intimidate those who support its western-backed government and amounts to terrorism under Canadian law. A former computer software specialist, Khawaja is the first person convicted under Canada's anti-terrorism legislation.

TORSTAR NEWS SERVICE

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South Korea's president vows 'stern action'

Evidence overwhelmingly proves North Korea fired a torpedo that sank a South Korean warship in March, killing 46 sailors, investigators said early today. South Korean President Lee Myung-bak vowed "stern action" for the provocation and called an emergency security meeting for tomorrow. THE ASSOCIATED PRESS

World

Scientists claim to have cloned bull

Scientists in Spain say they have cloned a fighting bull for the first time. Vicente Torrent, a specialist in veterinary genetics, says the newborn calf, named Got, is an exact replica of a muscular, horned specimen of the type matadors face in bullrings. The animal was unveiled yesterday, a day after being born. Torrent says his 17-man team is hopeful Got will exhibit the same fierce traits that made his genetic predecessor, Vasito, such a valuable specimen. THE ASSOCIATED PRESS

BP unveils new spill cleanup strategy

SPILL BP said yesterday it hopes to begin shooting a mixture known as drilling mud into the blown-out well in the Gulf of Mexico early next week.

Engineers hope to start the procedure known as a "top-kill" by Sunday. It could take several weeks to complete, but if it works it should stop the oil that's been gushing since the offshore drilling rig Deepwater Horizon exploded off the coast of Louisiana April 20 and sank two days later.

"This is all being done at a depth of 5,000 feet and it's never been done at these depths before," said Doug Suttles of BP PLC, the oil giant that was leasing the rig when it exploded.

The Coast Guard announced yesterday that tar balls washing ashore in the Florida Keys were not from the Gulf spill, but that did little to soothe fears the oil could spread damage along the coast from Louisiana to Florida.

The House Transportation and Infrastructure Committee addressed the spill at a hearing yesterday where leading Republicans including John Mica of Florida sought to pin blame on President Barack Obama's administration. He cited Interior Secretary Ken Salazar's acknowledgment Tuesday that his agency could have more aggressively monitored the offshore drilling industry.

Mica said the administration failed to heed warnings about the need for more regulation and issued "basically a carte blanche recipe for disaster" in approving drilling by the Deepwater Horizon, leased by BP. THE ASSOCIATED PRESS

Scientist dumped

A St. Louis scientist who was among a select group picked by the Obama administration to pursue a solution to the oil spill has been removed from the group because of writings on his website, the U.S. Energy Department confirmed yesterday. Washington University physics professor Jonathan Katz was one of five top scientists chosen by the Department of Energy and attended meetings in Houston last week. His online postings have included defences of homophobia and questioning of racial diversity efforts. THE CANADIAN PRESS

GETTY IMAGES

Red Shirt protesters weep as they're told their protest must end yesterday in Bangkok.

Bangkok burning

Uncertainty reigns as Red Shirts retreat

Buildings blazed across central Bangkok early this morning, torched by rioters after army troops routed anti-government protesters to end a two-month siege — Thailand's deadliest political violence in nearly 20 years.

The government quelled most of the violence in Bangkok but not the underlying political divisions that caused it, and unrest spread to northern parts of Thailand.

Prime Minister Abhisit Vejjajiva imposed a nighttime curfew in the capital and 23 other provinces and said his government would restore calm. Although leaders of the Red Shirt demonstrators surrendered, sporadic clashes between troops and remaining protesters continued well after dark.

Bangkok's skyline was blotted by black smoke from more than two dozen buildings set ablaze — including Thailand's stock exchange, main power company, banks, a movie theatre and one of Asia's largest shopping malls.

At least six people were killed in clashes that followed the army's storming of the protest camp yesterday. Witnesses said another six to eight bodies were in a temple where hundreds of demonstrators, including women and children, had sought sanctuary.

With the top Red Shirt leaders in custody, it was unclear what the next move would be for the protesters who had demanded the ouster of the prime minister's government, the dissolution of parliament and new elections. THE ASSOCIATED PRESS

Stay away, Canadians urged

Canada's Foreign Affairs Ministry is advising Canadians to stay out of Bangkok and avoid all unnecessary travel to Thailand, CBC News Online reports. "We recommend to Canadians not to come to Bangkok at this time and to avoid travel to Thailand unless absolutely essential," said Canada's ambassador to Thailand, Ron Hoffman. METRO NEWS SERVICES

Thousands decry 'lying government'

ROMANIA Some 20,000 public workers gathered yesterday in the nation's capital to protest planned government wage cuts meant to shore up the country's ailing economy.

Public workers, teachers, doctors and retirees blew whistles and yelled "Down with the lying government!" and "You have pawned our future," as they protested outside the government offices in downtown Bucharest. The two-hour protest blocked traffic in the city centre.

"Our salaries are very small. They weren't good before but with the cuts we don't see anything good coming," said Valentina Voinea, 33, a nurse who earns 900 lei ($265) a month. "They have cut the number of jobs and medical care is suffering."

Unions have rejected the government's plan to slash public wages by one-fourth and pensions by 15 per cent. Workers said they feared the government would hike taxes and consumer taxes in the fall.

The government said the measures are necessary to reduce the budget deficit. THE ASSOCIATED PRESS

News in brief

FACEBOOK BAN Pakistan's government ordered Internet service providers to block Facebook yesterday amid anger over a page that encourages users to post images of Islam's Prophet Muhammad. Islam prohibits any images of the prophet. By last night, access to the site was sporadic, apparently because Internet providers were implementing the order.

DRIVING The U.S. and Russia launched a global safety campaign at UN headquarters yesterday urging drivers everywhere to put down their cellphones and focus on the road. THE ASSOCIATED PRESS

Entrepreneur, housewife, divorcee: These French Muslim women are against the veil ban.
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Chinese professor jailed for group sex parties

A college professor accused of organizing a swingers club and holding private orgies in China was sentenced to 3½ years in prison, officials said, in a case that touched off national debate about sexual freedom. Ma Yaohai, 53, was convicted and sentenced on charges of group licentiousness for participating in group sex parties. THE ASSOCIATED PRESS

Death caught on tape?

Reality TV crew may have captured girl's last moments

When police burst into a home in search of a murder suspect, a reality TV crew documented the raid — and may have recorded the death of a seven-year-old girl accidentally killed by an officer.

Aiyana Stanley-Jones's death put a spotlight on the growing number of reality shows that focus on law enforcement. A number of big-city departments have used shows such as Fox's Cops to attract recruits. Others have shied away from the up-close attention. And critics have questioned whether police behave differently when cameras are watching.

Some experts and officers believe TV crews increase accountability. "I don't see someone doing anything outlandish for the cameras because it's more of a liability for us," Detroit officer Brandon Cole said.

Detroit homicide investigators are featured regularly on A&E's The First 48, which tracks murder investigations during the first two days after a slaying. On Sunday, a crew from the show was filming when police raided Aiyana's house in search of a suspect in the killing of a 17-year-old outside a convenience store.

Police have said Aiyana was wounded inside the house when an officer was jostled by, or collided with, the girl's grandmother. A family attorney said the shot came from the porch.

Having a reality camera crew along on a police raid contributes to a culture that reduces everything to mere entertainment, said author Hal Niedzviecki.

"Somebody's accidental death, somebody's drug problem, somebody wins the lottery — it's all equally entertaining," he said.

But Ohio attorney general Richard Cordray said there's "public value in having media see what police do close-up, and it helps police be more accountable."

THE ASSOCIATED PRESS

No confirmation from A&E

A spokesman for The First 48 would not say if the raid was recorded, but police confirmed that the crew was present and that they are reviewing footage from that night.

Brazil **Marching for equality**

ERALDO PERES/THE ASSOCIATED PRESS

A gay activist attends the first "National March Against Homophobia" in downtown Brasilia yesterday. Protesters demanded the approval of a law targeting crimes based on race, skin colour, religion, gender or sexual orientation.

New violence erupts in Kyrgyzstan

ASIA Several thousand people tried to storm a university in Kyrgyzstan yesterday in a burst of ethnic violence that left at least two people dead and more than 70 wounded, prompting the interim government to call a local state of emergency.

Witnesses in the southern town of Jalal-Abad said thousands of ethnic Kyrgyz advanced on the private university that serves as the centre of the minority Uzbek community. They said gunfire broke out as crowds approached the building encircled by a cordon of special security forces. Kyrgyzstan has been struggling to maintain stability since President Kurmanbek Bakiyev was ousted from power in April.

THE ASSOCIATED PRESS

News in brief

HOUSTON A polygamist sect leader's daughter, who was a fugitive for nearly 20 years, pleaded not guilty yesterday to charges alleging that she helped orchestrate the shotgun killings of three former sect members and an eight-year-old girl. Jacqueline Tarsa LeBaron entered her plea during a brief arraignment hearing. U.S. Magistrate Judge Nancy Johnson ordered her to be held without bond pending her trial after LeBaron waived her right to a detention hearing.

THE ASSOCIATED PRESS

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Man arrested after trying to bring weapons onto flight

A man was arrested this week trying to board a flight out of Puerto Rico with a stun gun, a switchblade knife and four box cutters, U.S. authorities said. THE ASSOCIATED PRESS

'Immediate' action needed in Haiti: Penn

Actor Sean Penn said yesterday the biggest challenge facing post-quake Haiti is getting hospitals staffed and supplied during its current rainy season and ahead of the upcoming hurricane season.

KRIS CONNOR/GETTY IMAGES

Sean Penn attends the Senate Foreign Relations Committee hearing on "After the Earthquake: Empowering Haiti to Rebuild Better" yesterday in Washington, D.C.

Penn, who co-founded the J/P Haitian Relief Organization shortly after the earthquake and has pitched in at camps for survivors, told the U.S. Senate Foreign Relations Committee that the problem requires "immediate attention" and shouldn't be held up by bureaucratic disagreements.

"In many cases, the bureaucracy of international aid is protecting people to death," Penn said, noting that several hospitals have closed because they have been over-scrutinized and under-supported.

The actor testified at the hearing along with administration officials, who also highlighted some of the successes made since an earthquake devastated the country in January. The disaster killed a Haitian government-estimated 230,000 to 300,000 people and displaced more than 1 million.

"I come here today in the hope that we will address with bold clarity the razor's edge upon which Haiti lies," Penn said.

T. Christopher Milligan, who co-ordinates the disaster response in Haiti for the U.S. Agency for International Development, said the agency has helped vaccinate about 900,000 adults and children against common diseases. In addition, he said, USAID has worked with the international community to assist 1.5 million people with shelter. And more people have access to clean water than before the quake, he said. THE ASSOCIATED PRESS

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Fewer hurricanes than average to hit Central Pacific waters

Weather forecasters say a below-average number of two to three hurricanes are likely to pass through Central Pacific waters this year as ocean surface temperatures cool. Last year was an El Nino year, and warmer-than-average ocean surface temperatures generated an above-average total of seven tropical cyclones. THE ASSOCIATED PRESS

Deputy PM to scrap surveillance programs

Britain's new deputy prime minister pledged yesterday to lead a sweeping drive to protect civil liberties, curbing official surveillance and data collection by scrapping an unpopular national identity card program, limiting the retention of DNA profiles and regulating the spread of closed-circuit cameras.

Nick Clegg said the coalition government was rolling back government monitoring after years of complaints from rights groups that personal freedoms have been sacrificed in the name of national security.

"This government will end the culture of spying on its citizens," Clegg said during a speech in north London. "It is outrageous that decent, law-abiding people are regularly treated as if they have something to hide. It has to stop."

He also promised to institute changes to the country's political system — including the right to recall errant lawmakers.

5M Britain has one of the largest DNA databases in the world, with more than 5 million profiles. Police have the power to take DNA or fingerprints from anyone upon arrest, and can hold the data for years.

Under Clegg, a $7.3-million US plan for national identity cards and a linked database will be halted. The credit-card sized documents were planned to include biographical data and biometric details like fingerprints and a facial image, and intended to help prevent terrorism and identity fraud.

He pledged to impose new regulation aimed at restricting the increasing use of CCTV cameras by local authorities and private businesses. Clegg's office said no specifics have yet been drawn up, but insisted the plans will halt the creep of cameras into offices, malls and on transit networks.

THE ASSOCIATED PRESS

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France **Bomb voyage**

LAURENT CIPRIANI/THE ASSOCIATED PRESS

"La barre 220", a building in the La Duchere neighbourhood in Lyon, central France, is brought down by controlled explosions as part of a renovation program in the city yesterday. The building will be replaced by new social housing.

Astronauts working ahead of schedule on station fixes

SPACE A spacewalking astronaut freed a snagged cable on the inspection boom for shuttle Atlantis yesterday, completing the job in a matter of minutes and earning a "superhero" title from fellow astronauts. With that behind him, Stephen Bowen whipped through a slew of space station battery replacements.

Bowen and his spacewalking partner, Michael Good, plugged in four new batteries at the International Space Station.

The tangled cable had prevented the shuttle astronauts from thoroughly inspecting their ship for any possible damage from last week's launch. NASA wanted it fixed as soon as possible and added the chore to yesterday's spacewalk, the second in three days.

Two more batteries will be replaced Friday during the third and final spacewalk of Atlantis' flight.

Bowen and Good were running so far ahead that they also squeezed in some antenna work.

THE ASSOCIATED PRESS

News in brief

IMMIGRATION Arizona police officers will be taught that race and ethnicity cannot be used when enforcing a new illegal immigration law, the state's top police training official said yesterday — without offering a definition of reasonable suspicion that someone is in the country illegally. The Arizona Peace Officer Standards and Training Board voted unanimously yesterday to adopt a framework for a video training course that will be distributed to all 15,000 Arizona police officers.

EDUCATION U.S. first lady Michelle Obama and her Mexican counterpart Margarita Zavala hopped, skipped and played a parachute game with elementary school students in the state of Maryland. The first ladies later sat down with students in a free lunch program at Silver Spring's New Hampshire Estates Elementary School yesterday.

THE ASSOCIATED PRESS

U.S. natives get apology

The United States formally apologized to American Indian tribes yesterday for "ill-conceived policies" and acts of violence committed against them.

Republican Sen. Sam Brownback read the congressional resolution at an event attended by representatives of five Indian nations at the Congressional Cemetery in Washington: the Cherokee, Choctaw, Muscogee (Creek), Sisseton Wahpeton Oyate and Pawnee nations

Four of the five are based in Oklahoma, and the Sisseton Wahpeton Oyate are in South Dakota. The Cherokee originally were from the Southeastern United States but were forced to migrate to Oklahoma in the early 1800s.

Chad Smith, chief of the Cherokee Nation, said most tribes had not specifically asked for a formal apology from the U.S. government, but the gesture was appreciated.

"It's difficult to issue an apology and sometimes it's difficult to accept one," Smith said.

"Once you put those differences of the past aside, perhaps the next step is, can you do any better in this round? That's where our greatest challenge is. The history of the U.S. (toward American Indians) is not a bright record. The real question is, what happens from this day forward?"

Brownback had pushed for the resolution since 2004. Both houses of Congress approved it late last year and President Barack Obama signed it in December.

Lawmakers have described the resolution as a symbolic gesture that would help promote a renewed commitment by the federal government to the tribes. THE ASSOCIATED PRESS

Tehran **Veiled appeal**

VAHID SALEMI/THE ASSOCIATED PRESS

Wearing an Islamic veil, Cindy Hickey, mother of Shane Bauer, arrives at the Imam Khomeini airport near Tehran, yesterday. The mothers of three jailed Americans brought appeals for their freedom to Iran on a mission that could be complicated by diplomatic showdowns over Iran's nuclear program.

News in brief

AFGHANISTAN Brazen Taliban attacks in and around the Afghanistan capital, Kabul, this week demonstrate the power of the insurgency to strike directly at foreign forces on Afghan soil. U.S. officials say the attacks do not indicate that the Obama administration's counterinsurgency strategy is failing. THE ASSOCIATED PRESS

PETS Octomom Nadya Suleman doesn't want your dog or cat following in her footsteps. As a front yard full of paparazzi cheered her on, Suleman unveiled a three-foot-by-four-foot plastic sign yesterday that reads: "Don't Let Your Dog or Cat Become an Octomom. Always Spay or Neuter." THE ASSOCIATED PRESS

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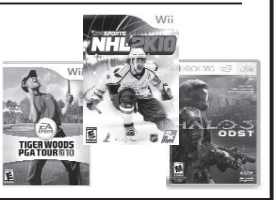

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Comment

Together, but alone

If distance makes the heart grow fonder, could living separately be the key to a successful marriage?

A few years ago, I met an elderly gentleman whose wife had recently passed away. He was moving into his late wife's slightly larger apartment, which was adjacent to his own. He explained that, while they had dearly loved one another, they preferred to have separate living spaces. They opted to live alone, together.

Jay Smith, a Toronto-based writer, also lives separately from her partner.

"We both need a lot of space," she explains. "Part of it is really constitutional, if you can call it that: I am a morning person, whereas Chris is not. I'm early to bed, he stays up late."

Many have raised an eyebrow at the pair's non-traditional living situation, especially since they have children (both kids live with mom).

"Most couples — and I certainly don't fault people for this — subscribe to this notion of romantic love based on possession, constant companionship, and utter codependence," she says.

"We're getting better at recognizing, as a society, other forms of love, like love between two people of the same gender. But even then, that love is supposed to conform to the same mythos: Cohabitation, mutual codependency, a sort of soulmate-ful completion."

"But even then, that love is supposed to conform to the same mythos: Cohabitation, mutual codependency, a sort of soulmate-ful completion."

Patrick (not his real name) is a single, 30-something professional who hopes to marry someday, but has no desire to cohabitate.

"I enjoy solitude," he says. "It's a powerful, useful 'reset' tool."

But it isn't as though his personal space is off-limits to his future wife.

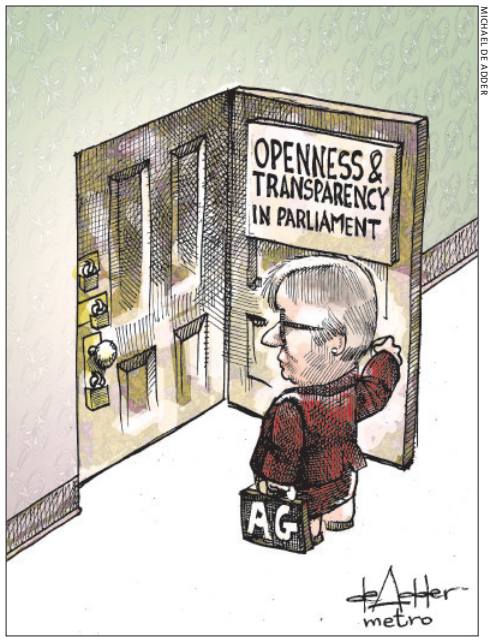
"She does get a house key, and she's always welcome," he concedes.

"I don't have any designs on an Andy Snitzer-style bachelor pad with frat house staples like PlayStations and Nerf basketball nets all over the place. It's really not about skeletons in the closet, which is probably the first thing a person would think. It's about my identity (and) having my own place to recharge my batteries after a good or bad day."

What it comes down to for couples that choose to live independently of one another is enjoying the best of both worlds.

"What if we look for companions on our own terms, or the terms that work best for a particular couple?" Smith asks. "Well, in my case, some uncomfortable moments on the playground …"

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



MICHAEL DE ADDER

Views

Opening your eyes to various barriers

Research shows the "old boy's network" is alive and well and informal networks remain significant barriers to inclusion in the workplace.

Informal networks affect who gets jobs, who gets "face time" with the boss or included in informal activities where they learn "the unwritten rules." And even those of us who think we "get it" could learn a thing or two from a recent study — Lived Workplace Experiences Of Employees Who Are Blind Or Visually Impaired.

Study author Dr. Mala Naraine, a post-doctoral fellow in Ryerson's Centre for Learning Technologies, shared her insight into the problems of social exclusion given that most people rely on visual cues to build friendships and networks in organizations.

It is often assumed that a person who is blind must simply learn alternative techniques to do efficiently the same things that they would do with "normal" vision. Some barriers — access to print, lack of speech output programs, inadequate training, and barriers to transportation, for example — are well understood. But most employers do not fully recognize their duty to accommodate and most blind employees are not aware of their legal rights.

In Naraine's study, the lack of accommodation of social needs was striking as respondents described their experiences of isolation in the workplace. Quite apart from the stereotypes that affect the treatment of blind or visually impaired people, sighted people take much for granted.

A blind or visually impaired person attending a meeting or social event is not instantly oriented to the layout — where is the speaker? Where is the audience? Where is the coffee? They cannot tell if there are five people or 100. Nor do they know if they are surrounded by close friends or strangers.

Sighted people use visual cues to form relationships — eye contact, smiles, gestures, and body language — that move us from recognizing someone to becoming an acquaintance and then a friend.

While a sighted person has many daily interactions — walking through a building, smiling, nodding and waving at colleagues, a blind person walking down the same hall may feel completely alone unless they are spoken to. And blind and visually impaired people are less likely to be included in informal social gatherings, whether going for a coffee, lunch or a drink after work.

Naraine's research certainly opened my eyes to a subtle but important barrier to inclusion and how it is possible to feel completely alone in a sea of people.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

Worth mentioning

EU plans to increase access to 'digital age'

The European Commission unveiled plans yesterday to greatly increase the number of Europeans using public and commercial services online over the next decade.

Neelie Kroes, the EU commissioner for digital affairs, said 30 per cent of Europeans have never used the Internet.

Beyond that, there are four times as many music downloads in the U.S. than in Europe, and only one per cent of Europeans have access to fibre-based high-speed networks, she said, compared to 12 per cent in Japan and 15 per cent of South Koreans.

And Europe lags behind its main competitors in developing cutting-edge technologies, she said.

Kroes' "Digital Agenda" includes steps to improve information technology standards and compatibility, eliminate regulatory barriers, encourage electronic payments and simplify digital copyright management and licensing. THE ASSOCIATED PRESS

Quote of the Day

"I understand what Canadians are saying — they want accountability and transparency — but I don't think they want us to be going through our receipts for this meal and that meal … I'm just saying there's accountability that is in itself a waste of public money."

— LIBERAL LEADER MICHAEL IGNATIEFF ADDRESSING A CONTROVERSY SURROUNDING AN ALL-PARTY BOARD OF INTERNAL ECONOMY DECISION TO BLOCK AUDITOR GENERAL SHEILA FRASER FROM LOOKING AT MPS' EXPENSES.

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Germany investigating Google

Google Inc., owner of the world's largest search engine, is facing a criminal probe by Hamburg, Germany prosecutors on data it said was erroneously gathered for its Street View mapping service. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Banking rules strict enough already: CEO

AGM The CEO of Sun Life Financial Inc. opposes planned new global bank taxes many countries are considering to crack down on the financial sector after the Wall Street crisis helped spark the recession.

Don Stewart told shareholders at the insurer's annual meeting yesterday that proposed new international financial regulations could unduly punish already well regulated Canadian financial companies.

"It would indeed be ironic if Canada, a country which came through the financial crisis better than most, was to find itself at a disadvantage on account of new international rules originating from outside our country," Stewart said, adding his voice to mounting opposition at home ahead of international economic summits hosted by Canada next month.

Regulators in Europe, the United States and other parts of the world want to tax big banks and impose stricter lending and trading rules to prevent future bank collapses that might trigger another financial crisis.

THE CANADIAN PRESS

Cineplex plans more 3-D

Cineplex Galaxy plans to roll out bigger screens and enhanced sound at some theatres across the country this year, part of a new premium-priced experience designed to tap into a growing appetite among Canadians to be immersed in 3-D movies and Imax films.

Cineplex Galaxy Income Fund chief executive Ellis Jacob announced yesterday at the company's annual meeting that the movie exhibitor will launch the "UltraAVX audio-visual experience," which promises digital projectors, big screens and high-tech Dolby Digital sound systems.

Jacob described the larger screens as essentially running from one corner of the theatre to the other — and almost floor to ceiling — squeezing nearly every inch out of the space. "It looks like all you're looking at is screen," he said.

Ellis Jacob

The rollout, which will also include larger seats, starts with two theatres in Toronto and Calgary this summer, while further locations are expected later this year.

Cineplex launches the new plan amid one of the biggest upheavals in Hollywood history, as the industry tries to cater to exhibitors' fears that more people will stay home with DVDs or on-demand cable services as the window shrinks between a theatrical release and its home entertainment debut.

Over the past few years, more movies have been released in 3-D and giant-screen Imax formats, while other technologies like moving theatre seats have mimicked amusement park rides for a premium ticket price.

So far the plan has worked, driving more people into theatres who are willing to dish out a few extra dollars to have their senses shaken up.

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Conversion

- By the end of this year, Cineplex aims to convert at least 30 per cent of its screens to digital from traditional film projectors and make them 3-D ready.

Queen's Park **HST protest**

MARIA BARBAFIELD/THE CANADIAN PRESS

Fitness and gym workers rally outside the provincial legislature in Toronto yesterday to protest the harmonized sales tax, which will be added to fitness and sports programs, but Ontario Premier Dalton McGuinty won't budge on a tax exemption.

Canadian travel abroad up 3.6%

TRAVEL Canadian travel to the United States and overseas countries rose 3.6 per cent in March from the previous month, while travel to Canada from abroad declined 3.7.

Statistics Canada reports Canadian residents took nearly 4.4 million trips outside of the country in March, including 3.7 million trips to the United States — a four per cent rise over February.

Canadian residents took 690,000 trips to overseas destinations, a 1.8 per cent increase. U.S. residents took 1.7 million trips to Canada in March, down 4.3 per cent. Residents of overseas countries took 368,000 trips to Canada in March, down 0.7 per cent.

THE CANADIAN PRESS

Market forces pushed RIM to settle dispute

LEGAL BlackBerry maker Research In Motion likely decided to settle a patent infringement case with a U.S. technology company to avoid losing any market share to competitors Apple and Google, say analysts.

Prism Technologies has reached a settlement and licensing agreement with RIM involving authentication systems on BlackBerrys such as the Curve 8330. Terms of the settlement haven't been disclosed.

The Prism patent involves the security of electronically stored information.

Analyst Nick Agostino said yesterday that RIM can't afford to take on a legal battle that could impact its market share or sales.

The cost of recouping any lost business would likely be greater than the cost of settling, said Agostino of Toronto-based Mackie Research Capital Corp.

"In today's competitive landscape with Google and Apple on their heels, RIM cannot afford to take on a legal battle that could possibly impact their business," he said from Toronto.

Alastair Sweeny, author of BlackBerry Planet, also said RIM has to protect its competitive position and needs to reinforce that its devices are secure, especially in the corporate world.

But Sweeny said RIM also faces challenges in the consumer market.

"RIM's major problem as it goes forward is Google is going to bring out ad-supported cellphones and smartphones that are virtually going to be free," Sweeney said from Ottawa.

THE CANADIAN PRESS

Recovery may be slowing: Conference board

ECONOMY Canadian companies have seen their profits soar in recent quarters, but the climb could slow down in the back half of this year, according to the Conference Board of Canada.

The Ottawa-based private-sector forecaster says its industry indicator is showing signs that a strong post-recession recovery is losing some of its momentum.

That could mean more companies turn out weak profits, or none at all, in the final two quarters of 2010.

The conference board said the leading indicator for all industries fell 0.4 per cent in April, the first decline since March 2009.

The drop was caused by a rapid rise in the corporate prime interest rate and weaker seasonal raw materials prices.

The conference board said a drop in corporate earnings could be slowed by improvements in the labour market or renewed growth in the stock markets.

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Boom in housing starts could be foundation for stronger economic recovery.

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Nets won't keep GM
New Jersey Nets owner Mikhail Prokhorov says general manager Kiki Vandeweghe will be let go when his contract expires this summer. "I wish him well," Prokhorov said yesterday. THE ASSOCIATED PRESS

Sports

Ramirez back in the lineup

Hanley Ramirez, left, was back in the Florida Marlins' lineup yesterday after a pre-game talk with manager Fredi Gonzalez to clear the air. The reigning NL batting champion was benched Tuesday after taking shots at his manager and teammates a day after getting yanked from a game for not hustling. Gonzalez and Ramirez chatted for five or 10 minutes in the manager's office. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

PAUL CHIASSON/THE CANADIAN PRESS

Montreal Canadiens head coach Jacques Martin listens during a news conference yesterday in Brossard, Que. The Canadiens will host the Philadelphia Flyers in Game 3 tonight.

Habs look to regroup

The Montreal Canadiens have beat the odds before, and they have every intention of doing it again.

The Canadiens held a team meeting yesterday for more than 45 minutes to pick apart why they weren't able to score a single goal in losing the first two games of the Eastern Conference final to the Philadelphia Flyers.

As they prepared for tonight's Game 3 (CBC, 7 p.m. ET), most of the hockey world had already written them off. But that's nothing new for the Canadiens this post-season.

"We know it's not going to be easy, we know it's a difficult task, but I have great confidence in the character and the determination of our players," Canadiens coach Jacques Martin said. "A lot of people in here, after Game 4 against Washington, weren't too optimistic. This group proved them wrong. This is another time where we're challenged, and that's when you see the best of people."

The Canadiens were down 3-1 against the Capitals in the first round only to come back to win the next three games. They also fell behind 3-2 against the Pittsburgh Penguins in the conference semifinal and closed out the series with two straight wins.

While they aren't facing elimination tonight, a 3-0 series deficit might be too much for the resilient Canadiens to overcome.

But the main message at yesterday's team meeting was to put aside any thought of trying to win the series individually, and instead focus on the strong team game that brought the Canadiens to this point.

"The thinking is when your backs are up against the wall that you have to do more, but sometimes less is more," winger Brian Gionta said. "You'd rather just trust in the system and work hard in the system and not deviate from that team game. Not try to take it all on your shoulders. I think that's what (Martin) was trying to guard against."

THE CANADIAN PRESS

Markov done

- There's no chance defenceman Andrei Markov will be back in the Montreal Canadiens' lineup this post-season.
- He will need six months of recovery time after undergoing surgery to repair a torn anterior cruciate ligament in his right knee, the NHL team said yesterday.

Hockey Canada defends Crosby from criticism

HOCKEY Hockey Canada has come out in defence of Sidney Crosby after the International Ice Hockey Federation included him in a swipe at players who declined invitations to attend the world hockey championship.

The IIHF posted a story titled Saying No To Your Country on its website yesterday, claiming that players who chose not to participate were turning "their backs not only on the team and its fans but also to the system which developed them and made them rich and famous." The story, written by IIHF communications director Szymon Szemberg, names Crosby, Henrik Zetterberg and Nicklas Backstrom, among others.

"How can a player who is 22 or 25 or 27, and who was just eliminated from the playoffs be tired?"
Szymon Szemberg, IIHF spokesperson

"How can a player who is 22 or 25 or 27, and who was just eliminated from the playoffs be tired?" Szemberg wrote. "Tired is a miner who works in a damp pit in Miktivka, in the Donetz Plateau in Ukraine, who never sees daylight and who provides living for a family of five in a modest two-room apartment. That is tired.

"Tired is a divorced mother with two young kids who double shifts as a nurse assistant and cleaning lady to make ends meet.

"Why is a 22-year-old Sidney Crosby tired when a 34-year-old Ryan Smyth is answering the bell for his country despite having represented Canada at the worlds already on eight occasions?"

Scott Salmond, the men's national team director for Hockey Canada, called the story "inappropriate."

"Sidney Crosby's the guy they singled out — he's played in two finals (in 2008 and 2009), he's played in the second round of the playoffs (this year), he's played in the Olympics for us," said Salmond. "I don't think it's fair to single him out. We respect where he is and we respect what he's done for us and I think what he'll do for us in the future."

There are fewer NHL stars at this year's world championship because it is being held so soon after the Vancouver Olympics in February. Hockey Canada extended an open invitation to its available Olympic players to come to the world championship. Corey Perry was the only one to take it up on the offer and says he understands why others didn't.

"You've got to look at the guys that didn't come — a lot of guys were in the playoffs and a lot of guys played in the Olympics," said Perry.

"That's a lot hockey when you play 82 games and then the Olympics and then you start playing playoffs."

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Windsor's Ellis: Small defenceman, big goals

MEMORIAL CUP What Ryan Ellis has growing out of his face defies any rational explanation. His beard is a disjointed cocktail of auburn whiskers of conflicting lengths and direction, producing a look best described by Windsor Spitfires teammate Scott Timmins as "one of the uglier things on the team."

Ellis wears it proudly and without regret, having already spent the entirety of his young career answering questions about his appearance. He is a sprite of a defenceman, weighing just 170 pounds, and takes obvious delight in disproving those who would suggest size is an impediment to performance.

At 19, he is already a world champion, helping Canada to a gold medal at the 2009 world junior tournament. He won the MasterCard Memorial Cup with the Spitfires last year and has been a key component in the team's drive to repeat this week in Brandon, Man.

"People, they question it here and there, and they've got things to say about it," Ellis said. "But I've done a lot at this level, and I guess you could say my resume speaks for itself. If you want to question that, you can do it all you want — but I'll just kind of throw it back in your face."

Those questions will undoubtedly persist into the next level, whenever Ellis is called into duty by the Nashville Predators, who selected him 11th overall in last year's NHL entry draft. The Predators are in the same division as the Chicago Blackhawks, who employ one of the many players Ellis would probably have to prove he can stop.

Forward Dustin Byfuglien has scored in each of his last three playoff games with the Blackhawks, including a critical goal in Chicago's win over San Jose in Game 2 of the Western Conference final Tuesday. Byfuglien is six inches taller and almost 100 pounds heavier than Ellis.

"He's half the man, maybe," Spitfires general manager Warren Rychel said with a smile.

"It's something that will have to be addressed, obviously, but I think Ryan Ellis is the player he is because he's smart, and he gets ahead of himself."

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SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS
Kansas City 8 Cleveland 4
Boston 3 Minnesota 2
L.A. Angels 3 Chicago White Sox 2
Tampa Bay 10 N.Y. Yankees 6
Baltimore at Texas
Detroit at Oakland
Toronto at Seattle

YESTERDAY'S NL RESULTS
Chicago Cubs 4 Philadelphia 1
Washington 5 N.Y. Mets 3
Atlanta 5 Cincinnati 4
Pittsburgh 6 Milwaukee 4
Colorado at Houston
Florida at St. Louis
San Francisco at Arizona
San Diego at L.A. Dodgers

NHL PLAYOFFS

TODAY'S GAME
Philadelphia at Montreal, 7 p.m.
TOMORROW'S GAME
San Jose at Chicago, 8 p.m.

PLAYOFF SCORING LEADERS

	G	A	Pt
Toews, Chi	7	16	23
Crosby, Pgh	6	13	19
Cammalleri, Mtl	12	6	18
Briere, Pha	9	9	18
Kane, Chi	7	11	18
Franzen, Det	6	12	18
Richards, Pha	5	13	18
Pavelski, SJ	9	6	15
Samuelsson, Vcr	8	7	15
Zetterberg, Det	7	8	15

NBA PLAYOFFS

YESTERDAY'S RESULTS
Phoenix at L.A. Lakers

HOCKEY

WORLD HOCKEY CHAMPIONSHIP
TODAY'S GAMES
Finland vs. Czech Republic, 10:15 a.m.
Sweden vs. Denmark, 10:15 a.m.
Russia vs. Canada, 2:15 p.m.
Switzerland vs. Germany, 2:15 p.m.

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Backup netminders stealing the show

SportsVoice

These Stanley Cup playoffs have brought us plenty of memorable moments so far — but the biggest impact might be that the phrase "backup goalie" has been made officially obsolete.

It's mind-boggling that three of the four squads left have been using their ostensible backups, all of whom have not only filled the role but, at times, stolen the show.

Despite Carey Price's one-time status as the team's goalie of the future, we all watched Jaroslav Halak's name being written into Canadiens lore in the first two rounds.

Antti Niemi — with only 42 NHL games to his credit heading into the playoffs — has irrevocably passed Cristobal Huet on the Blackhawks' depth chart.

And the Flyers — whose No. 1 on opening day, if you recall, was Ray Emery — saw a combination of Brian Boucher and Michael Leighton backstop them to one of the most epic series comebacks in sporting history.

The fourth team still alive is, of course, the Sharks, whose reputation for overplaying Evgeni Nabokov in the regular season is surpassed only by their reputation for choking in the playoffs.

Coincidence?

Many teams have been moving toward a one-two goaltending punch over the past few seasons, but these playoffs may be enough to solidify the trend league-wide.

Now, sure, if you've got an anomaly like Martin Brodeur between the pipes, or your current 'tender is riding a hot streak, it makes good hockey sense to stick with them.

But it's worth remembering that even an NHL backup is still likely among the best 60 goaltenders on the planet.

Remember, Boucher — who everyone questioned as the Flyers entered the post-season — set a modern-day record with five consecutive shutouts back in 2003-04.

That doesn't happen by accident. It means he's a talented goaltender, backup or not.

Who knows? Maybe the Sharks will lose Nabokov to injury and Thomas Greiss will be the one to finally lead them to the promised land.

The way these playoffs are going, would you really be surprised?

ShareYourViews
ottawaletters@metronews.ca

Daniel Squizzato is a Metro copy editor and blogger for Some Canadian Guys Writing About Soccer and Infield Fly.

Tennis Third time's not a charm

ALEKSEI KUDENKO/THE ASSOCIATED PRESS

Russia's Elena Dementieva returns a shot yesterday to Bulgaria's Tsvetana Pironkova during the second round of the WTA Polsat Warsaw Open in Warsaw, Poland. Dementieva, the former French Open finalist, lost to Pironkova 7-5, 4-6, 6-4 in just less than three hours. It was her third straight early round loss on European clay.

Vikings' Childress has no update on Favre's status

NFL Vikings coach Brad Childress says he doesn't have an update from Brett Favre about his playing status for next season, or a possible surgery on his injured left ankle.

Childress was asked by reporters for the latest word on Favre following practice yesterday. The Minnesota coach said he hasn't spoken with the 40-year-old quarterback recently.

Brett Favre

Childress says he has exchanged text messages with Favre during the off-season, but insisted that "texting is not talking." play.

Last month, Favre issued a statement on his personal website about the injury.

He said his condition "is not debilitating" and that surgery is only one factor in his decision whether to

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JACQUES BOISSINOT/THE CANADIAN PRESS

Team Canada head coach Craig MacTavish speaks to Steven Stamkos during practice yesterday at the IIHF World Hockey Championship in Cologne, Germany. Canada will play Russia today.

MacTavish calls for 'aggressive' play

The numbers all favour Russia. The Russians have 14 Olympians to Canada's one. And they have won six straight while the Canadians have lost three of their last four.

But don't expect a conservative Canadian game plan when the two rivals meet today in the quarterfinals at the IIHF World Hockey Championship (TSN, 2:15 p.m. ET).

Coach Craig MacTavish wants his team to be assertive.

"You can't be caught backing off," he said yesterday after Canada's first practice at Lanxess Arena. "You have to be aggressive when you play the Russians. Otherwise, they're going to come at you with a lot of speed. You want to take the game to them and that's going to be our mentality."

That game plan was extremely effective at the Vancouver Olympics, where Canada overwhelmed the Russians right from the opening faceoff of their quarter-final matchup. Forward Corey Perry was part of that victory and thinks this team might be able to duplicate the result.

"You have to be aggressive when you play the Russians. ... You want to take the game to them and that's going to be our mentality."
Team Canada coach Craig MacTavish

"We've got to take away their time and space," said Perry. "They play 1-on-1 hockey and try to beat you with their skill. If we're hard on the body, play sound defensively and keep that neutral zone contained, we're going to be all right.

"We've just got to play hard."

General manager Mark Messier only asks that his young players not get too wrapped up in thinking about who they're playing.

"I think the big thing is to take the name tags off the back of their sweaters," said Messier. "I think any time when you're going into competition, having too much respect for the opposition is not a good idea.

"In my playing days, the teams that played us the hardest played us with the least amount of respect."

The Russians are cruising with a perfect 6-0 record and a lineup that features virtually all of the country's top players. They won't need to be reminded about loss to Canada in Vancouver.

"It's kind of a revenge, but the real rematch will be played in Sochi in 2014," said Russian captain Ilya Kovalchuk.

"They have a really young team, but they're hungry for the win so we have to be ready."

THE CANADIAN PRESS

Kids almost ready to reshape Pirates lineup

MLB If Pittsburgh Pirates second baseman Aki Iwamura isn't looking over his shoulder, perhaps he should. First baseman Jeff Clement and right-hander Charlie Morton, too.

Why? The kids are coming: Third baseman Pedro Alvarez, right-hander Brad Lincoln, outfielder Jose Tabata. Looks to be soon, too. They could be in the majors as early as next month, or by July or August at the latest. When they are called up, Pirates president Frank Coonelly and general manager Neal Huntington will begin to learn if the prospects they've touted for several years will indeed stop the franchise's seemingly endless cycle of losing.

Alvarez, a No. 2 draft pick in 2008 and the organization's top power prospect since Barry Bonds, needs only to get more comfortable facing left-handed pitching and the Pirates will recall him from triple-A Indianapolis.

Another start or two like the one Lincoln made Monday for Indianapolis, and he could replace Morton in the Pirates' rotation. Tabata may not be far behind, even if the outfielder isn't showing the power the Pirates would like.

"Each one of these guys is getting closer to the big leagues," Huntington said. "Is it the end of May? Is it the middle of June? The first of July? They'll tell us and they'll show us as they continue to progress."

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RateSupermarket.ca Canada's rate comparison website

Metro Homes

Ready for a patio party?
The Jungle Flower Outdoor Pillow with tropical blooms is perfect for pool, patio or porch. Made with water- and UV-fade-resistant poly. West Elm, $29, westelm.com. See inside for more.
JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Get ready for cottage season

DecorMoment

Part three of our Summer Decorating Style series continues with style icon of India Hicks. She's the television host of Bravo's Top Design, designer of two guest houses and a restaurant/hotel in the Caribbean and creator of the award-winning Island Living Collection of fragrances for Crabtree and Evelyn. This week we discuss designing a dream summer home.

Q What word(s) best describe a dream summer cottage to you?

A There are many words that describe a dream summer cottage. Maintenance-free; you shouldn't have to worry about a spill, children or sandy feet. Freedom and privacy; leaving the windows open at night and blasting your favorite song should never be a concern. Relaxed way of life; buying rustic and vintage pieces of furniture helps create an eclectic, casual effect.

Q What would your dream Canadian summer home look like?

A Not all summer cottages have their feet in the sand and their heads in the blazing sun, however I would want to establish a sense of harmony with nature wherever we were. Using natural materials like stone and wood from local sources will allow the house to blend with the environment.

Style icon India Hicks gives Metro the lowdown on summer homes.

Natural ventilation like windows that open, screened doors and skylights that keep the house cool at night.

Architectural elements like wide wooden floor boards, screen doors that bang, tiny attic rooms make a summer house quirky and evoke childhood memories.

A few pieces of handsome furniture (not just main house castaways), a succession of family pictures linking the past with the present.

Accumulated books and vintage board games help to create a comfy place where everyone will want to spend time.

Of course the quintessential and indispensable discussion of the day's weather will start the conversation every morning.

Q Should a second (summer) home cost a lot? What should you splurge on/not splurge on?

A Once your dream home is built, the biggest expense should be a trusted and reliable caretaker.

My dream cottages always have wide verandahs. They help expand the inside and should have outdoor furnishings comfortable enough for afternoon naps.

Your summer home should be decorated less formal than your city house. Good sturdy furnishings don't have to cost a lot and can last a long time.

Bathrooms that feel like they have been part of the history but have actually been recently updated. Its always a dream to have an old claw-foot cast tub; such a humble luxury.

Q Shouldn't every summer home have one of your candles to create a getaway mood?

A Lots of wonderful smelling candles for long affectionate dinners, with friends and family. The Island Living three-wick candles are fantastic but so are fresh flowers and the faint smell of burning ambers from a cool night's useful fireplace.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style.

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Having adjoining property issues?

LegalMatters

Q We purchased an investment property a number of years ago, a small bungalow that we have rented out for several years. We eventually bought the house beside it. We now have it rented but are finding that the pressures for both properties is too much. We want to sell the houses but our lawyer has informed us that the properties have merged under the Planning Act of Ontario. What happened here?

A One of the things that people don't realize is that if they own adjoining properties that form part of a lot (a legal definition) then under the Planning Act of Ontario, the properties are deemed to have become one property and cannot be sold separately. You will need City approval to separate them legally before you can sell them individually. A method to avoid this is to own the properties under different names. So, for example, your spouse owns one of the properties while you own the other one.

Jeffrey Cowan is the principal with Cowan Taylor and McGee, Barristers & Solicitors. The information in this article should not be relied upon as legal advice.

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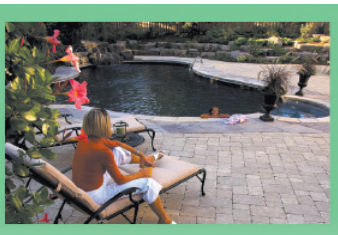

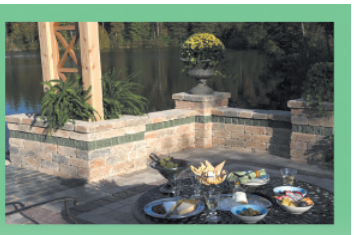

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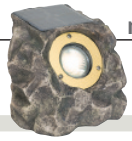


Light up the sky

The High-Output Floodlight ... nestled in a faux rock is six times brighter than a standard solar light great for a starry night. Wal-Mart, $19.63, walmart.ca. JENNIFER BILL/FOR METRO CANADA

It's a Patio **party!**

Homes in **Style**

JENNIFER BILL
for Metro Canada

Gone (thankfully) are the days of cheap plastic chairs scattered across the patio.

Today's deck spaces have taken on the look of the living room, as stylish comfort moves to the outdoors, with soft, water-resistant sofas, cushy and cute pillows, and attractive lighting.

"A great patio (set-up) would be comfortable seating mixed in with really nice greenery to kind of give the patio a zen feeling," says Alan Wilson, owner of Vancouver's Industrial Revolution.

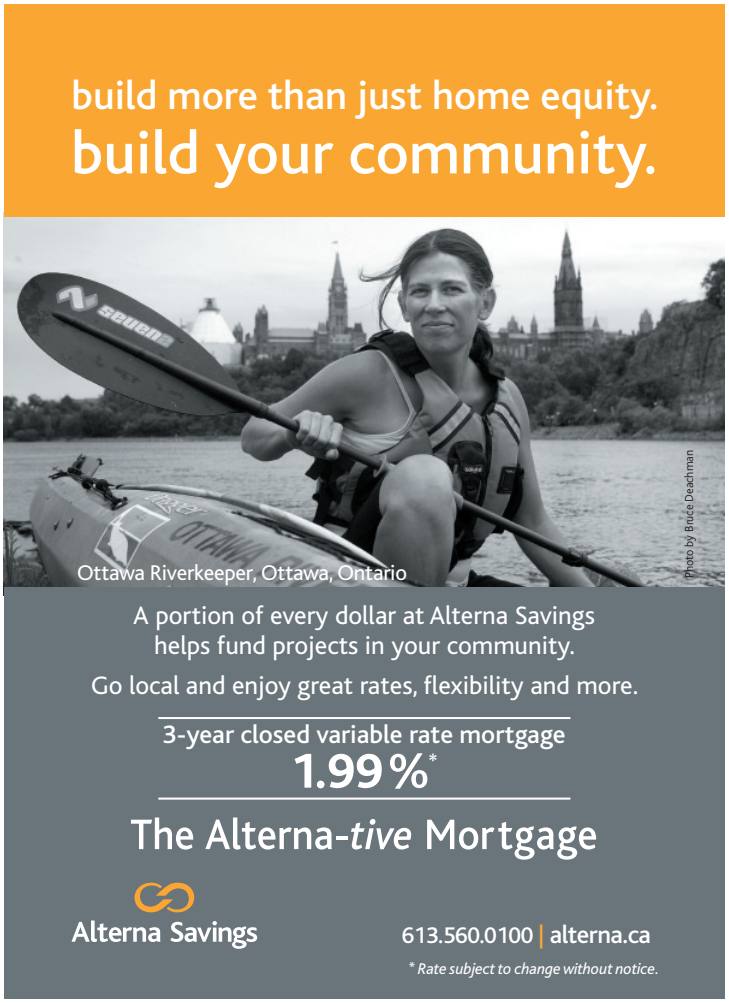
Wilson says a mixture of different seating types — bar-height or low beanbag chairs — is ideal.

"More and more people are going with soft seating for outdoors ... as well as cantilevered umbrellas to shade the sun and create an awning effect," says Wilson.

The retro-chic Beanbag Chair has been re-imagined for fun in the sun. Generously sized yet lightweight with a water-resistant poly shell. West Elm, $229., westelm.com.

The color-drenched motif of the Sundial Outdoor Pillow catches the eye and brightens the great outdoors. Made with water- and UV-fade-resistant poly. West Elm, $29, westelm.com

Let there be light and food — this stunning Steel Fireplace with cooking grid just might steal the focus off the party's host. Wal-Mart, $148, walmart.ca.



The Cococabana patio bar is the perfect addition to any outdoor party. Made from Indonesian teak, it easily folds and wheels away for convenient storage. Industrial Revolution, $1, 500, matching stools $289, industrialrevolution.net.

The Caprino outdoor chairs are made of durable, weather-resistant rattan wicker. The chairs stack up to four high for compact storage and come with Sunbrella UV and mildew-resistant cushions. Industrial Revolution, Club Chair $740 Dining Arm Chair $535, industrialrevolution.net.

The St. Tropez patio chair is compact and folds for easy storage. The frame is made of teak and the seat/back is made of highly durable and maintenance-free textilene, which is UV and weather treated. Industrial Revolution, $699, industrialrevolution.net.

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Kitchen, bath done, what's left to reno?

SYLVIA PUTZ
for Metro Canada

We've all heard that bathroom and kitchen renovations add the most value when you sell your home.

But what about other types of renovations such as landscaping?

"Freshening up is the best way to get more bang out of your landscaping buck," says Tony Colavecchia, owner of Toronto-based Edan Oaks Landscape Contracting. This means concentrating on the visual things, like planting or pruning shrubs, mulching, tidying, and removing clutter.

Figures published at the Do-It-Yourself website (check "What not to renovate" at doityourself.com) suggest that you'll get back as much as 50 per cent on "soft" landscaping costs, particularly if your plantings provide privacy.

On the other hand, many "hardscaping" features involving stonework such as driveways or walkways or a pool, for instance, pay back only around 25 per cent of what you spent, according to the website.

One exception is a patio, which can double or even triple the payback. "Some kind of living space outdoors is important, since a lot of people are staying home to relax rather than buying cottages," says Daniel Marc, one of the owners of DS Stoneland Landscape Construction.

What is also important is to plan for the whole job. Avoid a piecemeal approach, since this can result in expensive rework and an uncoordinated look.

"Hardscaping" your backyard — installing a pool or stonework — only has a 25 per cent return on investment, according to doityourself.com.

How about a fireplace?

Most people love the way a fireplace looks in their home, and having one is seen as a plus on the real estate market.

Simple privacy-inducing ivy can have a very good return on investment when you sell your home.

If you spend $3,000 updating a fireplace, you'll probably get about 75 per cent of your costs back when you sell, according to the figures published in te Do-It-Yourself website.

A gas fireplace insert is the choice of most people. "Gas will add the most value to your home because it is easy to use, and you can demonstrate it during a house showing," says Lowell Bower, operations manager at The Fireplace Shop (thefireplaceshop.com).

Whichever type of fireplace you have, beautifying it never hurts. "If you have a brick fireplace, use marble or slate to disguise the brick and raise the value of the home."

Windows?

"Buyers will notice new windows, but it doesn't make much difference in the selling price of the home," says Jimmy Melo, of JRM Aluminum and Glass.

In older homes, windows are the major place where heat is lost, so new windows can help decrease heating costs, however, he added.

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New Joe Fresh opening
Joe Fresh is due to open its first free-standing store in downtown Vancouver in late September, reports The Vancouver Sun. The 14,000- square-foot store will be situated just north on Granville, across the street from Holt Renfrew. METRO NEWS SERVICES

Style

Swarovski in Carrie's closet

Swarovski has added a little sparkle to the latest instalment of Sex and the City with two stunning evening purses. In the film, the Kiosque, $825, (pictured left) and Power bag, $950, (far right) are seen in character Carrie's (played by actor Sarah Jessica Parker) closet and around her room. The bags are available for purchase at Swarovski boutiques across Canada and on swarovski.com. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Field **of fashion**

Famed SATC costume designer ignores trends

TINA CHADHA
Metro World News

Patricia Field, the woman who put Carrie Bradshaw in Manolo Blahniks, tells us about her style inspiration for Sex and The City 2 and why even her most fashionable leading lady, like the rest of us, needs to hang out in a plaid shirt.

Sex and the City 2 costume designer Patricia Field, right, stayed true to her trademark style of mixing high- and low-end brands in the film.

Q Sex and the City is a very fashion-driven film, how mindful were you of trends when creating the wardrobe for the second movie?

A I'm not mindful of trends. I kind of run away from that because what's going to be there next season is not going to be there the season after. And movies last a long time. If you look at Breakfast at Tiffany's today, it looks absolutely gorgeous. You don't say it looks out of style.

Q What was the single most influential factor in the way you dressed Carrie, Samantha, Charlotte and Miranda for this film?

A If you find your hook in the script, you go with it. In the first movie it was that five years has passed since the TV show. I had to fill in the space of that time, and arrive at the present. They're the same people, but you know, things do change slightly. So it was in that way that I wanted to focus. I just imagined how each one was. For example, Carrie continued writing professionally. Her look was so influenced by her profession. She was a thinker, she was always analyzing everything. I thought, the funky part of Carrie would still be there, but the edges would be a bit smoother so to speak. The second movie was driven by a complete different set of circumstances. The main thing is they get invited to the Middle East by a sheik for a 10 star vacation. So this was my motivation. The anticipation of a trip that they never even could imagine.

Q I read somewhere that you mixed high and low fashion brands for this film.

A I always mix high and low, it's my style. It gives you a wider variety, a bigger palette. Why stay with one designer? Why stay with only designers? You can have it all. I mix in H&M, Topshop — Zara is a big one that I use. (For SATC2), I used a lot of vintage. I was yearning for chic simplicity after all the past years of post '50s and '60s geometric, crazy shapes. Carrie wore a plaid blue shirt in the movie. And it was like, 'Oh you're just hanging around. Lets put you in an old plaid shirt and jeans.' I mean you can't get dressed up every five minutes.

Q Is it true that the wardrobe cost $10 million dollars?

A I just read $4 million. I don't know how much it was, but I think it was more around $1 million.

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Shopping for a summer suit

Summer can be a tricky time for the men's suit because in addition to fit and cut, you've now got to think about fabric and color too.

No one wants to be that poor soul who is sweating buckets in a heavy black two-piece. To save you from a summer of uncomfortably dressed days, we looked to London, home of Savile Row and a long tradition of suit-making, to find out the top five things to consider when purchasing a suit. The British tailor Oliver Benjamin, fills us in.

Here are five key tips to consider before you hit the dressing room.

1 FABRIC

"The most important things are the fit and the fabric," Benjamin says. Save the heavier material for winter and look for "linen and lightweight wool and cotton," he adds.

2 TROUSERS

Too many men wear their suit trousers like their jeans, casually falling below the waistline. "The suit trouser [preferably flat fronted or single pleated] should sit just above the hips," says Benjamin. "And the trouser leg must fall half-way down the back of the shoe."

3 JACKET

"The most popular style at the moment is the two button jacket with slim peaked lapels," says Benjamin. "It should fit snugly on the shoulders without being too tight. The shirt cuff should fall one centimeter below the suit sleeve," he adds. But don't go near a slim cut suit if it doesn't work with your body type. Bigger men, for example, should consider a single button style to create a leaner silhouette.

4 COLOR

"Try a soft blue, beige, or gray," says Benjamin. He suggests playing with nuances for summer rather than mixing electric shades. If you're craving more color, he recommends "loosely stuffing a bright handkerchief in the top pocket or wearing bold socks instead."

5 SHOES

The wrong shoes can destroy the look you worked so hard to put together. Benjamin suggests sticking with a classic Oxford style (the traditional round toe, lace-up shoe). For a more casual look, try a slip-on loafer. METRO WORLD NEWS

Accessorize wisely

METRO WORLD NEWS

Double-duty maternity wear

Key wardrobe items for post-pregnancy

Much is made of the non-maternity clothes an expectant mother can wear during pregnancy — the wrap dresses, the leggings, the boxy shift dress-turned-tunic top — but some maternity clothes also do double duty once the baby is born, especially in the period not always affectionately dubbed "the fourth trimester."

"The biggest mistake most women make is proportion. ... You feel gigantic so you wear gigantic clothes."
Tara Koch, author Bump It Up

"For the four months after the baby, most women are in their fourth trimester. It's camouflage-clothes redux," says Amy Tara Koch, author of the new book Bump It Up, published by Ballantine Books. "You don't want to look fat, but you don't have the bump to hide behind."

The loose, long cardigan is a must.

"The beauty of a draped cardigan — look for one without buttons — is it hangs down off you," says Paula Motte, senior editor at BabyCenter.com. "It is the wardrobe essential that takes you through pregnancy and beyond. You look for one with drape-y, forgiving fabric in a cotton-stretch blend, and you wear it over everything."

Koch likes the look of the sweater, especially post-baby, because as your shape slims, the sweater just looks longer. "The biggest mistake most women make is proportion. It's an understandable mistake. You feel gigantic so you wear gigantic clothes. But that makes you immediately look frumpy," she says.

With that key sweater, wear leggings, Koch suggests, which also complement tunics. The opposite silhouette also can work: a long maxi skirt with a slim tank top. "You need volume control," insists Koch.

Actress Leigh-Allyn Baker started work on her new Disney show Good Luck Charlie, in which she plays the mother of an infant, right after her own son was born.

"I had to invest when I was pregnant in great jeans. I got Joe's Jeans, which are made for curvy people anyway. I wore them up until a few months ago — long after the baby. They don't press on your belly because they're low-slung and have no waistband, but they show off the legs," Baker said.

New book Bump It Up by Tara Koch offers tips on how to invest in non-maternity clothes that will go the distance.

Some premium denim lines have maternity lines, Koch says, but you can also take jeans you already own to the tailor and have them put in a panel of pantyhose fabric or Spandex over the belly. Those will become your go-to jeans, even post-pregnancy, she says.

And if you buy them a little bigger than your pre-pregnancy size, no one has to know, Motte adds. "Your tailor is your friend. Buy clothes that fit you now — even if it's not the size you wore before being pregnant. You'll have clothes to go the distance, and you can always remove side stretchy panels or have seams taken in or out."

Since her belly was biggest in the summer, Baker bought bikini separates to accommodate the vastly different sized top and bottom of her body. Her biggest "expansion" came at the bustline so she sized up there and bought bottoms that she's still able to wear. (If the occasion rises again, Baker adds, she'll buy two tops for that same pair of bottoms — one in her pregnant size and the other in her regular size.)

And she's still wearing maternity tank tops, which now hit well below the hip. Again, she likes the elongated look they give. The key, she says, is that throughout her pregnancy — and now beyond — she is looking for fitted, stretchy, comfortable fabrics.

THE ASSOCIATED PRESS

Style in brief

JEWELRY ewelry from two entire lines being sold exclusively at Wal-Mart stores nationwide, including bracelets and necklaces branded by Miley Cyrus, contains high levels of the toxic metal cadmium, according to an Associated Press investigation. Testing of 61 samples purchased by AP reporters across the country from a Cyrus line and from a series of make-it-yourself metal bracelet charms indicated that 59 of the pieces contained at least five per cent cadmium by weight, with 53 of those measuring 10 per cent or higher. And the world's largest retailer knows the items are tainted. Wal-Mart Stores Inc. received test results in February showing cadmium in these jewelry lines but has continued selling the items. Instead, Wal-Mart revealed in an April 26 statement that as of April 9, it was requiring suppliers to show through tests at a company-approved lab that children's jewelry and other kids' products had little cadmium — or else Wal-Mart would not accept the items for sale. The policy did not apply to products already on store shelves. A Wal-Mart executive told a Consumer Product Safety Commission hearing that testing items already in stores would be too difficult.

THE ASSOCIATED PRESS

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Shannon Lawson
heads up the acting division at RDI Model & Talent

ABOUT SHANNON:
Shannon Lawson is an accredited Canadian actress with several nominations and recipient of the prestigious Gemini award in 2000. Shannon currently boasts about 100 credited and acclaimed movies and television series. She has appeared in movies such as Butterbox Babies and television series such as Night Heat, Road to Avonlea and Street Legal. The 1999 series, The City, was a great accomplishment for Shannon and she was awarded the Gemini award for her efforts. Shannon has worked alongside icon's of the industry such as Sir Peter Ustinov, Shirley McLean, Samuel L. Jackson and Kirsten Dunst.

"Acting has been my passion all my life and I look forward to teaching my craft to aspiring actors and actresses."

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T.M. Goble is CEO and president of RDI Model & Talent

ELLE Canada magazine on sale now!
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ELLE CANADA

Style in brief

SHOPPING File it under "If you're joking about this, you're dead to me": Famed British brand TopShop now ships to Canada! The first item on your list? Mark Fast's asymmetrical knit dress ($230), part of the Canadian-born designer's five-piece knitwear collection for the stylish retailer (from $120, topshop.com).

ELLE MAGAZINE

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FLORAL DRESS

Festive blooms blossom

ADVICE The print should be the main focus, so avoid piling on jewellery. A darker base colour will ground the pattern and create a slimming effect. If you're a fashion-forward type, go for oversized florals.

HOW TO WEAR IT Try a BF jacket, in neutral black or white, as a topper on those chilly summer nights. The tailored lines will balance the feminine look.

PETITE

Cotton and spandex, Mango ($65, mango.com)

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Cotton and polyester, Yumi ($105, 514-388-3569)

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Travolta, Preston expecting a new baby
John Travolta and Kelly Preston have been waiting for good news for some time, and they finally have it. After losing their son, Jett, last year and two family dogs earlier this week, the couple have announced that 47-year-old Preston is pregnant. METRO WORLD NEWS

Entertainment

Tasty animals
British tabloid The Sun is thrilled to reveal Nicolas Cage only eats animals whose sex lives he can respect. "I actually choose the way I eat according to the way animals have sex," Cage said. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

LCD Soundsystem checks out

LCD Soundsystem

Album: This Is Happening
Label: DFA/EMI
Rating: ●●●●●

JAMES MURPHY'S LESSON in musical fusion has always been as recreational as it's been educational. For the third LCD Soundsystem LP, he boldly named it This Is Happening, perhaps to prepare us for his supposed exodus. New ground hasn't necessarily been broken, but Murphy's post-punk/Krautrock symphonies are given added relevance by his increasingly self-reflective musings. Alluding to the "well running dry" and using up his "desire for discovery," if this is his last album at least he celebrates it with an exclamation point like Pow Pow. Reiterating a wish to head home, he leaves us with an impeccable three-album arch to rival the heroes he's mirrored over the last eight years.

Cam Lindsay/for Metro Canada

The Sadies

Album: Darker Circles
Label: Outside
Rating: ●●●●

OPENING A SADIES CD has always been like crawling into a dark hollow in Appalachia and waiting for the LSD to take effect. Sometimes the results could be fairly spooky. Fortunately, the Sadies have shaved most of the trip bumps off their latest, possibly finest, offering. There remains a low dose of psychedelia in a space cowboy sort of way. There's even some surf guitar and spaghetti-western sound effects. For the most part, however, Darker Circles finds its roots in the pre-acid days of folk-rock. Jangly guitars and sweet harmonies. Dark, but not scary. It's what the Sadies do best.

Graham Rockingham/for Metro Canada

This Is Happening is LCD Soundsystem's third, and likely last, album.

The Black Keys

Album: Brothers
Label: Nonsuch/Warner
Rating: ●●●●

IS IT JUST me or do the Black Keys get better with every album? Their latest is a tight blues rock record that feels like a cross between the White Stripes and Spoon. Danger Mouse is at the producing helm once again, and his influence is noticeable — the infectious groove on opener Everlasting Light has his trademark, Crazy-like sound. But this is really about Dan Auerbach and Patrick Carney's strong songwriting. They do away with some of the more psychedelic sounds of their last disc and focus on succinct, measured tracks. There's nothing over the top and the subtle riffs and soulful keyboard flourishes on Tighten Up are remarkable.

Bryan Borzykowski/for Metro Canada

Album Reviews

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Bieber tries to be normal teenager

When you're a 16-year-old pop star who jets around the world, hangs out at the White House, gets chased by hysterical girls on the regular — and maintains the most perfectly coifed hair in the universe — it's hard to be a typical kid.

Still, Justin Bieber tries.

During a recent interview, he talked about setting up time to spend with a friend. Except unlike other kids bumming around town, Justin will be flying out his buddy to spend the weekend in a plush hotel, and will hang with him only after he's done with the myriad of responsibilities that befall the hottest entertainer on the planet.

"I try to spend as much time with my friends and just be a regular kid as I can on top of work," says Justin.

Of course, being a regular kid when you are arguably the most popular commodity in entertainment is a near impossible task. It seems as if the world has been engulfed in Bieber-mania: The YouTube phenom-turned-superstar has graced the cover People, had appearances on Oprah Winfrey, Saturday Night Live and Ellen, been a guest at the White House and sold more than a million copies of his debut album, My World 2.0.

Despite his success, Bieber is trying to be a "regular kid."

He poses for photos with Kim Kardashian and starts a frenzy on Twitter. ("Seriously Biebs," she posted, "I'm getting death threats from your fans.") He's friends with the Jonas Brothers and Jaden Smith and counts Usher as his professional mentor.

It's hardly kid stuff. But you won't hear much complaints about it from Justin.

"People ask me, 'Do you wish having a regular life?' And I'm like, 'You know, not really.' ... Just regular people, they're like, 'Maybe I want to be famous,"' reasons Justin. "They want to be famous, sometimes I want to be just regular, just hanging out or whatever. There's ups and downs to everything."

His 28-year-old manager, Scooter Braun, used YouTube to build Bieber's fan base for months after singing him.

"We gave it to them through the mediums they knew were real," he continues. "That's why these kids feel an ownership in him."

THE ASSOCIATED PRESS

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Standing up to cancer

TV fundraiser aims to top $100M raised in 2008

Stand Up To Cancer, a 2008 multichannel TV fundraiser that helped deliver more than $100 million for research, is returning in September.

Leading the charge again is film and TV producer Laura Ziskin, who is executive producer of the show and is undergoing treatment for the disease.

The hourlong Stand Up To Cancer, to be simulcast commercial-free by ABC, CBS and NBC and cable networks and hosted by network news anchors Brian Williams, Katie Couric and Diane Sawyer, will air the Friday after Labour Day, Sept. 10.

The broadcast will address cancer's toll but, Ziskin said, will combine that with entertainment to demonstrate "we're not grim, we're very hopeful. The main thing we want to show is there's progress."

As with the first simulcast, this year's edition will feature movie, TV and sports stars and musical performers. Lance Armstrong, Meryl Streep and Beyonce were among those who took part last year, and Ziskin is working on a similarly starry lineup.

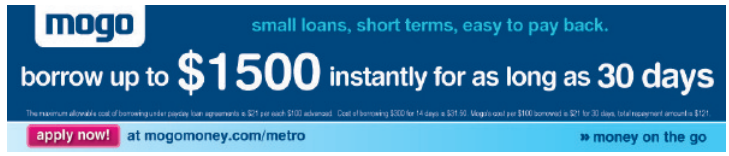
KOICHI KAMOSHIDA/GETTY IMAGES

Beyonce, among others, performed at last year's event. The list of participants for this year's show has yet to be announced.

"I literally call up people I know and say, 'I'm just trying to cure cancer.' I'm shameless in the pursuit of that goal. But this is really important," said Ziskin, who has metastatic breast cancer.

The new telecast will detail how the money collected in 2008 has used.

THE ASSOCIATED PRESS



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OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/20/10	265	353	2	TVO	Super Structures		The Agenda With Steve Paikin		Trial and Retribution		The Eloquent Nude		Peppers
	211	331	3	GTV	Entertainment	ET Canada	Bones (N)		The Office (N)	'Til Death	90210 "Confessions" (N)		News Hour
	-	-	5	SRC	Squelettes	Gars, fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal Nouvelles. (SC)		TJ Ontario
	209	342	6	CHRO	TMZ (N)	Access H.	FlashForward (HDTV) (N)		Fringe (N)		Monk		Comedy Now
	196	311	7	CTV	The Mentalist (N)		CSI: Crime Scene Investigat'n		Grey's Anatomy The hospital is hit with a crisis. (N)				CTV News
	208	303	8	CBC	NHL Hockey Philadelphia Flyers at Montreal Canadiens. (Live)						CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	Community (N)	Parks/Recreat	The Office (N)	30 Rock	The Marriage Ref (N)		News
	117	713	10	TVA	Marché	Histoires-filles	*Couple et couplets* ★★★ (2007, Com. Sentimentale)				TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Oncle Charlie	Rire et délire	*Vague meurtrière* (2007, Suspense) Angus Macfadyen.				L'Attaque à 5 (N)		Drôle et sexy
	137	763	12	TFO	Panorama		La Grande soif	Volt	*Au revoir les enfants* ★★★ (1987, Drame) Gaspard Manesse.				La Huronie
	-	362	13	CBS	The Insider (N)	Judge Brown	The Mentalist (HDTV)		CSI: Crime Scene Investigat'n		The Mentalist (N)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Community (N)	Parks/Recreat	Curb-Enthsm	30 Rock	The Marriage Ref (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Funny Farm* ★★ (1988, Comedy) Chevy Chase.				*The In-Laws* ★★★ (1979, Comedy) Peter Falk, Alan Arkin.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	FlashForward (HDTV) (N)		Grey's Anatomy The hospital is hit with a crisis. (N)				News
	512	396	24	CPAC	(6) Dossier public (SC)		Heure polit.	L'Heure politique				Tête-à-tête	Podium
	651	355	25	CTS	Little House on the Prairie		Father Dowling Mysteries		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Bones (N)		Fringe (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Energy 101	Manor Born	Time Goes By	Masterpiece Classic "Little Dorrit"			Way Home	Charlie Rose
	205	312	104	CTV	The Mentalist (N)		CSI: Crime Scene Investigat'n		Grey's Anatomy The hospital is hit with a crisis. (N)				CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (N)		
sports	406	417	27	net	The Grid	Sportsnet Con.	Hockey Memorial Cup: Teams TBA. (HDTV) (Live)						Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey	North American Poker Tour		NBA Basketball Eastern Conference Final, Game 2: Teams TBA. (HDTV) (Live)					SportsCentre
	410	403	52	SCR	Score Today				Score Now		Score Now		Score Now
	411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
	417	406	59	SC	NASCAR Race Hub (HDTV) (N)		NASCAR Hall of Fame (N)				NASCAR Hall of Fame Biogra		NASCAR Hub
family	554	544	48	TEL	Spliced (N)	Total Drama	Stoked (N)	Cartoon Gene	Futurama	King of the Hill	*Futurama: Bender's Game* (2008, Comedy)		
	557	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	That's-Weird	Family Biz	Ruby/Rockits	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Me, Myself and I: Elton John		The O.C.
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Fugitive Chron.
	628	584	32	SPKE	The Ultimate Fighter (HDTV)		The Ultimate Fighter (HDTV)		TNA Wrestling (HDTV) (N)				Jail (N)
	521	560	34	TLC	Lottery Changed My Life		Police Women of Broward		The Imploders (N)		Heavy Haulers (N)		The Imploders
	145	761	35	TV5	Horizons (SC)		Complément d'enquête			Geopolitis	Cuisinier sans frontières		TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*Seventeen and Missing* (2007, Drama) Deedee Pfeiffer.				NCIS "Red Cell"		NCIS
	620	523	40	BVO	Storytellers	Snapshot	Innovators	Writers	*Whale Music* ★★ (1994, Romance) Maury Chaykin.				Law & Order
	520	505	42	DIS	Daily Planet (N)		Drain the Ocean				MythBusters		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	UnStable
	601	562	45	SLC	Rich Bride Poor Bride		Bootcamp	Last 10	Last 10	Last 10	X-Weighted "Amy"		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin	Sarah	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		Seinfeld	Seinfeld	*Wimbledon*
	600	564	49	H&G	House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos	House Hunters	House Hunters	Holmes
	627	528	50	SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager		V Val's water breaks. (N)		Lost (HDTV) (N)		InnerSpace (N)
	581	566	53	MTV	Cribs	Cribs	Cribs	Movie Night	The Challenge: Fresh Meat II		Ult. Parkour	Ult. Parkour	MTV Live
	618	524	54	TROP	Reality	What Happen?	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King	Comeback
	522	506	55	HIS	Ice Road Truckers (HDTV)		Ice Pilots NWT (HDTV)		Ax Men (HDTV)		Ancient Discoveries		Re-Inventors
	129	773	60	CD	Biographies		Science du combat (HDTV)		Gangland (SC)		Eaux troubles du crime		J'ai frôlé
	261	394	61	V	Murder, She Wrote		On the Buses	The Good Life	*Of Mice and Men* ★★★ (1992, Drama) John Malkovich, Gary Sinise.				
	602	567	62	W	Supernanny		Love It or List It		Confidential	Confidential	Divine Design	House-Sell	Love It-List It
	269	350	70	APTN	Wapos Bay	By the Rapids	Call of the Wild "Fool's Gold"		*Blue Gap Boy'z* (2008, Comedy) Earnest David Tsosie III.				By the Rapids
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	Chuck-Day Off	HEAT, McEwan	At the Table	Ultimate Recipe Showdown		Ace of Cakes	Ace of Cakes	Bitchin

critics'corner

Grey's Anatomy

Mandy Moore guest stars in the two-hour season finale, as the hospital is hit with an unprecedented crisis, and Meredith and Cristina's (Ellen Pompeo, Sandra Oh) surgical skills are put to the test. Also, sex happens somewhere, we're pretty sure. Patrick Dempsey, Justin Chambers and Chandra Wilson also star in "Sanctuary; Death and All His Friends." 9 PM on 7 CTV 20 ABC, 104 CTV

Of Mice and Men

Gary Sinise ("CSI: NY") is director and star of this elegantly simple adaptation of John Steinbeck's classic Depression-era tale. He plays George, who travels and toils in California's farm country with his mentally slow but physically powerful friend, Lennie (John Malkovich). The strong supporting cast includes Ray Walston as aging ranch hand Candy; Casey Siemaszko as the farm owner's volatile son, Curley; and Sherilyn Fenn as Curley's wife. 9 PM on 61 V

Get a taste of Thailand

Taste the flavours of Thailand at a cooking class with Teri Gentes next Tuesday at the LCBO Rideau Street at 6 p.m. Tickets are $50 per person. Go to lcbo.com for more information. SHARI GOODMAN/FOR METRO OTTAWA

Urban Foodie

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Pad Thai exploration

SHARI GOODMAN
OttawaUrbanFoodie@gmail.com

Sukhothai Restaurant
134 Robertson Road
(613) 829-1010
Rating: ●●●●
Pad Thai: $13

Royal Thai
272 Dalhousie St.
(613) 562-8818
Rating: ●●●½
Pad Thai: $11

Sala Thai Cuisine
2666 Alta Vista Drive
(613) 521-1102
Rating: ●●●
Pad Thai: $12

Singha Thai Fine Cuisine
1514 Merivale Rd.
(613) 226-8490
Rating: ●●●
Pad Thai: $9

Pad Thai is the ultimate street food in Thailand, and a popular dish at any Thai restaurant. For me, the best Pad Thai isn't oily but has a fresh, balanced flavour that's slightly salty from the fish sauce, a touch sour from the tamarind, has a hint of sweetness from the palm sugar and a kiss of spice from the chiles. As for texture, the noodles should be somewhat chewy and the peanuts generously sprinkled on top to add crunch to each bite.

I sampled Pad Thai at four Ottawa restaurants in search of my favourite among them. The best one I tasted was at Sukhothai. For the shrimp lover, this traditional version of Pad Thai ($13) was perfect. All the required elements blended well together without any one flavour dominating my taste buds. This little restaurant is often astoundingly busy, which means that you better get there early if you want a seat.

If you're in the Byward Market, a good Pad Thai is at Royal Thai where it also comes with shrimp. For the famished, they serve a very large portion. For the vegetarian, the Pad Thai ($12) at Sala Thai is good, although it was more sour than I like.

Lastly, the Pad Thai ($9) at Singha Thai is easy on price, heavy on sugar, but comes with chicken for the meat lover.

Have fun noodling for your own perfect Pad Thai.

On the web

- Get recipes and more great food content at metronews.ca/recipes

ANDREE LAU/FOR METRO CALGARY

Royal Thai Pad Thai ($11).

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Beet 'Noodle' Salad.

Dining out

LIFE OF PIE At Life of Pie, you'll find a variety of pies, including options like Curried Chicken Pie, Chocolate Kahlua Pie or good old Apple Pie. On Saturdays, enjoy cinnamon buns and scones, muffins and cupcakes. 70A Leonard Ave. (613) 693-1853.

FETTUCCINE'S A 25-year old establishment on Elgin Street, Fettuccine's offers fine Italian cuisine. Stop by the shop and pick up some fresh pasta, sauces, salads and desserts. 280C Elgin St. (613) 230-4723.

SHARI GOODMAN/ FOR METRO OTTAWA

In brief

SIP Spanish and Chilean wine with Toni Batet Collado of Family Wine Merchants, a Niagara company, tonight at the Vendange Institute at 7 p.m. $42 per person for members. sommelierguild.com/content/view/415/34/

SHARI GOODMAN/ FOR METRO OTTAWA

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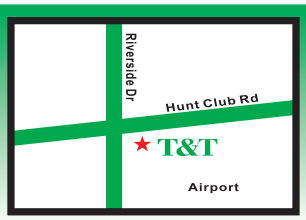

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Dragon Boat Festival

Dragon Boat Festival is celebrated in memory of Chiu Yuan, a famous patriotic poet during Chu dynasty; he was well respected by the publics for his upright personality. In order to prove his honesty and as a form of protest against the corrupted dynasty, he plunged himself into the river. The locals jumped into their boats and rushed out to search for him. To prevent his body from being eaten by the fish, they beat the water furiously with their paddles and threw rice dumplings wrapped in silk into the river to distract the fish.

Because Qu Yuan died on the fifth day of the fifth lunar month, people decided to commemorate him on that day every year. Dragon boat racing and eating rice dumplings have become the central customs of the festival.

Celebrate Dragon Boat Festival

www.TnTsupermarket.com

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Crying over spilled milk
Kim Kardashian cried over her breasts when she started puberty. She said: "I was the first girl in my class to wear a bra. I remember crying in the bathtub. All my friends were super-skinny," she told Shape magazine. METRO NEWS SERVICES

Celebrity Buzz

Bronx was bonked in a bumper bender

AT LEAST HIS RIDICULOUS NAME REMAINS INTACT Pete Wentz and Ashlee Simpson-Wentz's son was in a car accident Tuesday, female-first.co.uk reports.

Bronx was in the vehicle with his nanny when the incident took place in Los Angeles' Coldwater Canyon, but was luckily not injured.

The couple's representative said: "It was a minor fender-bender, and everyone is fine."

It is still unknown what caused the accident, but the Lexus SUV the nanny was driving was left damaged on the front left side. Several hours after the accident, 31-year-old Wentz posted a message to his fans on his Twitter page thanking them for their tweets of support.

He wrote: "Thanks you guys for your concern. No one was hurt in the car accident and bx is currently back to building forts and hiding dads cell phone."

METRO NEWS SERVICES

Theron ain't a fan

OBVIOUSLY THE LADY HAS NO TASTE Charlize Theron might not be the biggest Robert Downey Jr. fan.

The actress was spotted attending a late-night screening of Iron Man 2 in Hollywood recently with a male friend. And while they sat in the back of the balcony, sources still noticed them slip out well before the movie was over, according to People magazine.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

KYLIE MINOGUE isn't looking to change careers just now, **OMAR EPPS** is making drink recommendations, and **MICHAEL IAN BLACK** wants to clear something up.

@kylieminogue I don't think I will never make a magician!!! :(hahaa @omarepps Attention tweeple...Iced tea & cranberry juice is the official beverage of the summer!Adults, same ingredients add alcohol:-) @michaelianblack I misspoke when I said I was the first person to land on the moon.

METRO NEWS SERVICES

Jackson wants visitors

MAYBE MICHAEL TOLD LA TOYA Michael Jackson's brother wants fans to be able to visit his grave, female-first.co.uk reports.

Randy Jackson is hoping to allow people into the private mausoleum in California's Forest Lawn Memorial Park to mark the anniversary of his death next month.

He tweeted: "I'm meeting with Forest Lawn and the City of Glendale. Although they have strict rules, I'll do my best 2 see if fans can visit & pay their respects beyond the gates of Forest Lawn, on the 25th. I will inform you all soon. (sic)"

The area where Jackson — who died of acute Propofol intoxication aged 50 on June 25, 2009 — is buried is normally off limits to non-family members and Randy's intentions have infuriated the families of other people laid to rest there.

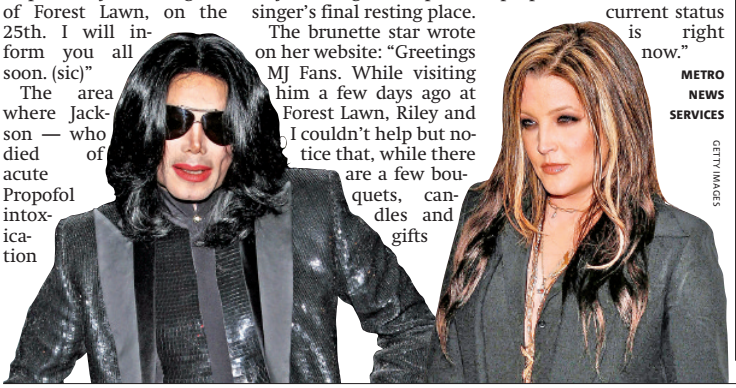
Legendary actor Clark Gable's grandson, Clark Gable III, told gossip website TMZ the mausoleum "wouldn't be as sacred" if just anyone could go inside.

Recently, Jackson's ex-wife Lisa Marie Presley appealed to fans to send silk sunflowers to the cemetery to brighten up the singer's final resting place.

The brunette star wrote on her website: "Greetings MJ Fans. While visiting him a few days ago at Forest Lawn, Riley and I couldn't help but notice that, while there are a few bouquets, candles and gifts there is a very large empty space around him and in front of him that could use a whole lot more.

"I know how much he loved and appreciated being showered with gifts and flowers by his fans, I thought if whoever wants to buy just one silk sunflower each and sent it, the whole area around him and in front of him (As well as the two large empty vases that sit on either side of him) could be filled up in no time, which would be much more appropriate than what the current status is right now."

METRO NEWS SERVICES



GETTY IMAGES

What ho, a wagon!

IT BE TIME TO HOP BACK ON ONCE MORE, MY LORD Jonathan Rhys Meyers is headed to rehab for a fourth time, and he's hoping this visit is the last.

"He just really wants to get better. This has been an ongoing battle for him," a source tells People magazine of the star who was reportedly banned from a morning United Airlines flight last week for being drunk and disorderly.

According to the Daily Mirror, longtime girlfriend Reena Hammer is behind his latest rehab sting.

She reportedly told him, "Check in to rehab or I'm dumping you," sources say.

"She told him to get serious counseling for his drinking and anger problems or else she will be taking a hike — out of his life."

METRO WORLD NEWS

Two are down one property

THERE ARE PLENTY MORE WHERE THAT CAME FROM Mary-Kate and Ashley Olsen have finally unloaded the downtown NYC penthouse they've had on the market for five years, according to the New York Post.

The property was purchased six years ago for $7.3 million U.S. when the billionaire twins needed housing close to New York University.

Though they were at one point asking $11.995 million for it, an unidentified hedge fund manager picked it up for $8.45 million. The Olsen twins now primarily spend their time in California.

METRO WORLD NEWS

Children and Jimmy Choos

FINDING BALANCE IN STILETTOS AND SANDBOXES Sarah Jessica Parker admits motherhood has been taking its toll on her.

"I don't have a beauty secret," Parker says, according to Hollyscoop.

"I feel old and tired. I have children I run round after, I try to walk as much as possible, and other than that I buy every cream possible.

"I love beautiful clothes and am privileged enough to have access to a lot of them, but they're returned the next day. They're not mine."

But, she insists, she isn't complaining.

"Having my boy and now the twins, life is delightful," she says.

METRO WORLD NEWS

Jonas Bros wow the bitty Beckhams

MAYBE THEY'LL INSPIRE THEM TO START THEIR OWN BOY BAND (GOD HELP US!) The Jonas Brothers were apparently so impressed with David and Victoria Beckham's three sons that they want to work together, according to the Sun.

"Kevin, Joe and Nick were really pleased to meet the Beckhams, and they invited the children to be part of their new video," a source says.

And while his younger brothers were clearly thrilled about meeting the band, the eldest Beckham son Brooklyn didn't seem fazed.

"The younger ones were really excited about it, but Brooklyn decided to play it a bit cooler," the source says.

METRO WORLD NEWS

The Weather Network
TWN incorporates MSC data
Today Partly cloudy 27° / 10°
Friday Sunny 24° / 14°
Saturday Variable 28° / 17°
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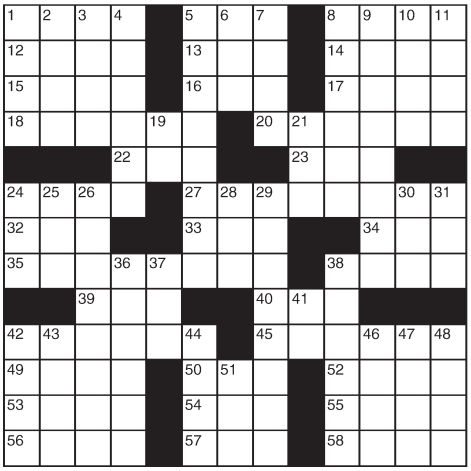
Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Dilbert's workplace
5 "Eee-www!"
8 1960s Secretary of State Dean
12 Verve
13 Born
14 Initial chip
15 Multinational money
16 Atlantic st.
17 June 6, 1944
18 Nebraska river
20 Needlenose tool
22 Rocky peak
23 Rowing need
24 "Hi, sailor"
27 Teemed
32 Cleric's title (Abbr.)
33 Head of st.
34 "— the ramparts ..."
35 Opening night
38 In pre-swan mode
39 Snitch
40 Spinning speed (Abbr.)
42 24-Down, e.g.
45 Zero
49 Manhandle
50 Greek vowel
52 "The Music Man" setting
53 Shrek is one
54 In medias —
55 Coral structure
56 Progeny
57 Bumped into
58 Formerly, formerly

DOWN

1 Profound
2 Hebrew month
3 Detective novelist Paretsky
4 Difficult to solve
5 Too young
6 "Golly!"
7 Aid
8 Angular measure
9 Likely loser
10 Celebrity
11 Organ array
19 — and fro
21 "Skip to My —"
24 Dadaist Jean
25 That girl
26 Medley that starts a musical
28 Bklyn., e.g.
29 Cloudy
30 Conger, for one
31 Towel off
36 Sent, in a way
37 "— mpossible"
38 Diamond decider
41 3.1416
42 Andy's pal
43 Anger
44 Four years in the White House
46 Gardener, at times
47 Rams fans?
48 Sawyer's carrier
51 Ball-bearing item

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			7	5				4
8						6	1	7
		4					5	
			6	7				8
	4		2		3		9	
3				8	5			
	1					3		
4	9	3						6
2				6	9			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	1	7	3	5	6	8	2	4
2	3	8	4	7	1	9	6	5
6	4	5	8	9	2	3	1	7
3	6	4	9	1	5	7	8	2
7	9	1	6	2	8	4	5	3
5	8	2	7	3	4	1	9	6
4	2	9	5	8	3	6	7	1
1	7	6	2	4	9	5	3	8
8	5	3	1	6	7	2	4	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Chicken and Spinach Soup

Recipe submitted by Susan Thomas
Photo: Lisa Sembaliuk

PREP TIME: 20 MINUTES
COOK TIME: 20 MINUTES

INGREDIENTS:
1 lb chicken, cooked
10 oz fresh spinach
1/4 cup cream cheese
1 small onion, chopped
1 cup carrots, chopped
1 tbsp olive oil
2 cloves garlic, diced
3 cup chicken broth
salt and pepper to taste

METHOD:
1 Put olive oil, onion, and garlic in medium saucepan. Sauté until onions are soft, about 7 minutes.

2 Add spinach. Once the spinach has cooked, add the chicken, chicken broth and carrots. Simmer for approximately 10-15 minutes.

3 Stir in cream cheese, salt and pepper and serve.

SERVES 5

• *Try this recipe with Rosemary Oven-Roasted Potato Chips or Grilled Summer Pizza with Goat Cheese. Find the recipes at 20minutesupperclub.com/metro.*

20 minute SUPPER CLUB

20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com.**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You may not be able to explain why you think certain things are going to happen but don't ignore that little voice inside your head.

TAURUS
APRIL 21-MAY 21
This will be a pleasant day for you, the kind of day when everything falls into place and life is fun no matter what you are doing. But don't do too much.

GEMINI
MAY 22-JUNE 21
You need peace of mind, and the best way to get it is to stop worrying about how much you own or earn. Focus on the things that really matter.

CANCER
JUNE 22-JULY 22
Whatever you are most passionate about in life, that is what you should be doing right now. Free the creative side of your nature.

LEO
JULY 23-AUG 23
Don't pay too much attention to what others are saying — they will most likely try to distract you from doing things that they don't agree with.

VIRGO
AUG 24-SEPT 22
What is happening in your life may be part of the grand cosmic plan but you must not use that as an excuse to ignore your responsibilities.

LIBRA
SEPT 23-OCT 23
Current aspects suggest that your respect for a certain individual is based on emotion rather than logic.

SCORPIO
OCT 24-NOV 22
Start something new today, something you have been thinking about for weeks if not months but never quite got around to.

SAGITTARIUS
NOV 23-DEC 21
It may seem as if others are trying to keep things from you, and maybe they are, but don't make a fuss.

CAPRICORN
DEC 22-JAN 20
With love planet Venus moving into the relationship area of your chart today you will be flavour of the month with most people.

AQUARIUS
JAN 21-FEB 18
If you find yourself being nudged in a new direction you are advised to relax and let it happen.

PISCES
FEB 19-MARCH 20
With Venus moving into the most passionate area of your chart today chances are you will go overboard in your affections, and why not?

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This day in history

1497: John Cabot sets sail from Bristol, England, on his ship Matthew looking for a route to the west (other documents give a May 2 date).
1609: Shakespeare's Sonnets are first published in London, perhaps illicitly, by the publisher Thomas Thorpe.
1873: Levi Strauss and Jacob Davis receive a U.S. patent for blue jeans with copper rivets.
1980: In a referendum in Quebec, the population rejects by a 60 per cent vote the proposal from its government to move towards independence from Canada.

METRO NEWS SERVICES

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